



*cara price*

## CHICKEN & LEEK SKILLET MEAL

### INGREDIENTS

- 3 pounds chicken breasts, boneless & skinless
  - 1 bunch leeks, trimmed & chopped
  - 16 ounce bag of mini carrots
  - 6 cloves garlic, finely chopped
  - 3-1/2 ounce jar capers
  - 1/3 cup olive oil
  - 2 tablespoons ghee
  - 2 tablespoons arrowroot flour
  - 1 tablespoon dried basil
  - 1-1/2 teaspoons salt, divided
  - 1 teaspoon pepper, divided
- for the sauce:
- 1 cup chicken broth
  - 1 tablespoon dijon mustard
  - 1 teaspoon lemon juice

### DIRECTIONS

in a large baggie, or container with a lid, place the arrowroot flour, dried basil, 1 teaspoon of salt & 1/2 teaspoon of pepper. shake to combine. add in chicken & shake to completely coat in flour mixture.

heat olive oil & ghee in a large skillet. brown chicken about 4 minutes per side. transfer to a plate & keep warm.

add leeks & carrots to the pan & stir for about 4-5 minutes until they begin to brown evenly. sprinkle vegetables with remaining salt & pepper, add in garlic & capers & cook another 2-3 minutes, stirring occasionally.

while vegetables are cooking, whisk together chicken broth, mustard & lemon juice in a small bowl.

layer chicken back on top of veggies & then pour broth mixture evenly over the entire dish. cover & turn heat to low, cook 15 minutes.

let sit 5 minutes before serving.