



Lemon Herb Chicken with Roasted Summer Root Vegetables & White Bean Salsa Verde

Serves: 4–6

Ingredients

Lemon Herb Chicken

- 2 lbs boneless, skinless chicken thighs
- 2 tbsp olive oil
- Zest of 1 lemon
- Juice of 1 lemon
- 4 garlic cloves, minced
- 1 tbsp Dijon mustard
- 1 tbsp chopped fresh oregano
- 2 tbsp chopped fresh parsley
- 1 tsp paprika
- 1 tsp onion powder
- 1 tsp black pepper
- 1½ tsp 1PL8 Herb Salt™

Roasted Summer Root Vegetables

- 1 bunch baby carrots, tops removed
- 3 medium golden beets, peeled and cut into wedges
- 3 young turnips, quartered
- 1 medium red onion, cut into wedges
- 6 whole garlic cloves
- 2 tbsp olive oil
- 1 tsp fresh thyme
- 1 tsp rosemary
- 1 tsp 1PL8 Herb Salt™
- ½ tsp black pepper

White Bean Salsa Verde

- 1 (15 oz) can cannellini beans, rinsed and drained
- ½ cup fresh parsley
- ¼ cup fresh basil
- 1 tbsp capers
- 2 garlic cloves
- Zest of ½ lemon
- Juice of ½ lemon
- 3 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp Dijon mustard
- ½ tsp 1PL8 Herb Salt™
- Fresh cracked pepper

1. Pulse in a food processor until chunky—not completely smooth.



2. Fold in the white beans after blending.

Instructions

Step 1 – Marinate the Chicken

1. Combine all chicken ingredients in a bowl.
2. Mix well and refrigerate for at least **30 minutes** (2–4 hours even better).

Chef Rich Tip: Letting the seasoning rest on the chicken gives the herbs and spices time to adhere, creating better flavor and helping prevent them from burning.

Step 2 – Roast the Vegetables

1. Preheat oven to **425°F**.
2. Toss carrots, beets, turnips, onion, and garlic with olive oil, herbs, Herb Salt, and pepper.
3. Spread onto a sheet pan.
4. Roast for **35–40 minutes**, stirring halfway through until caramelized and tender.

Step 3 – Grill the Chicken

1. Pat the chicken dry before cooking.
2. Grill over medium-high heat about **5–6 minutes per side**, or until the internal temperature reaches **165°F**.
3. Let rest for 5 minutes before slicing.

Chef Rich Cooking Tip: Moisture is the enemy of a beautiful golden crust. Pat the chicken dry before grilling for the best sear.

Step 4 – Make the White Bean Salsa Verde

1. Blend everything except the beans until the herbs are finely chopped.
2. Fold in the rinsed cannellini beans.
3. Taste and adjust with additional lemon juice or Herb Salt.
4. The texture should be rustic, fresh, and slightly chunky.



