



# From the Culinary Company Kitchen

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## Poached Chicken and Vegetables

### Ingredients

2 leeks (white and light green parts), thinly sliced  
3/4 pound Yukon gold potatoes, sliced 1/4 inch thick  
1 medium fennel bulb, thinly sliced  
4 sprigs fresh thyme  
4 cups low-sodium chicken broth  
2 teaspoons white wine vinegar  
1/2 teaspoon kosher salt  
1/4 teaspoon black pepper  
4 boneless, skinless chicken breasts  
1 bunch Swiss chard or kale, stems removed and leaves roughly chopped  
2 tablespoons extra-virgin olive oil

### Preparation

In a large saucepan or pot, bring the leeks, potatoes, fennel, thyme, broth, vinegar, salt, and pepper to a boil. Reduce heat to medium-low and simmer gently for 5 minutes. Add the chicken, return to a gentle simmer, and cook for 7 minutes. Add the Swiss chard or kale and cook until the greens are tender and the chicken is cooked through, about 3 minutes. Transfer the chicken to a cutting board and thickly slice it. Divide the chicken among individual bowls. Spoon the potato and fennel mixture over the chicken and drizzle with the oil.

**Tip:** Poaching means simmering something gently, allowing only an occasional bubble to come to the surface. For this dish, the difference between poaching and boiling means supple rather than rubbery chicken and tender vegetables instead of mushy ones.

### Yield

Makes 4 servings

CALORIES 423(21% from fat); FAT 10g (sat 2g); CARBOHYDRATE 35g; SODIUM 953mg; PROTEIN 48g; FIBER 8g; SUGAR 2g