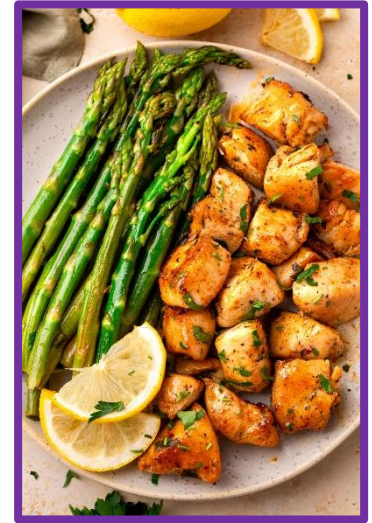


Garlic Butter Chicken with Asparagus

Yields: 4 servings	Prep Time: 5 minutes	Cook Time: 25 minutes	Total Time: 30 minutes

Ingredients:

- 3 chicken breasts, skinless and boneless, cut into bite-sized chunks
- 2 bunches of asparagus, rinsed and trimmed
- ½ c butter, divided
- 4 garlic cloves, minced and divided
- 1 tsp Italian seasoning
- ½ c chicken broth, low sodium
- ½ lemon, juiced
- 1 tbsp sriracha sauce
- 1 tbsp parsley, chopped
- 1 tsp crushed red chili pepper flakes
- 1 lemon, sliced



Chicken Seasoning:

- 1 tsp salt
- 1 tsp fresh cracked black pepper
- 1 tbsp onion powder

Instructions:

1. Cover the chicken with chicken seasoning ingredients and let it sit.
2. Place a saucepan filled with water over high heat and bring to a boil. Add the asparagus for 2 minutes until it's blanched.
3. Then, remove them from boiling water and place them in ice-cold water.
4. Place a large skillet over medium-high heat and add ¼ c of butter. Then, add in chicken and stir-fry until the chicken turns golden brown. Should take around 7-10 minutes.
5. Lower the temperature and add in 2 minced garlic cloves and Italian seasoning. Stir and cook until garlic is fragrant; it should take around 1 minute.
6. Remove the chicken from the skillet and set aside. In case the skillet is too small, brown the chicken in 2 batches.
7. Now, add the remaining 2 minced garlic cloves to the skillet, pour in the chicken broth, and bring to a simmer. Add the remaining ¼ c of butter, squeeze in the juices of the lemon, then add sriracha sauce, chopped parsley, and crushed red chili pepper flakes. Stir to combine.
8. Now, add in the asparagus and toss for 2-3 minutes to cook it up inside the skillet. Push it to the side and add the chicken back into the skillet, cook until it reheats (1-2 minutes).
9. Remove from the heat, garnish with lemon slices, and serve immediately.