



## Grilled Chicken with Broccoli Florets

### Ingredients:

- 1/2 tsp dried tarragon
- 1/8 tsp cayenne pepper
- 1/4 tsp sea salt
- 1/2 tsp ground black pepper
- 4 boneless, skinless chicken breasts (about 1 lb), rinsed, patted dry and pounded 1/2-inch thick
- 1 tbsp extra-virgin olive oil
- 3 cups fresh broccoli florets
- 1 lemon, quartered

### SAUCE

- 2 tsp Dijon mustard
- 2 to 3 tsp water, optional
- 2 tsp prepared horseradish
- 1 clove garlic, minced
- 1/2 tsp dried rosemary
- 1/4 tsp sea salt

### Instructions:

In a small bowl, combine tarragon, cayenne, 1/4 tsp salt and black pepper. Brush chicken with oil and sprinkle with tarragon mixture. Heat grill pan on medium-high. Add chicken and cook for 4 to 5 minutes per side or until no longer pink in center.

Meanwhile, pour 2 cups water into a large saucepan. Place a steamer basket in pan, then arrange broccoli in steamer basket. Bring water to boil over high heat. Cover pan tightly and cook broccoli for 3 to 4 minutes or until tender-crisp.

In a small bowl, whisk together sauce ingredients. Serve sauce with chicken and broccoli. Squeeze lemon over top as desired.