



Pecan Crusted Chicken Breast

WITH APPLE SALAD AND SWEET POTATOES

Culinary Collection



Prep & Cook Time

25-35 MIN

Cook Within

5 DAYS

Difficulty Level

INTERMEDIATE

Spice Level

NOT SPICY

You Will Need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Non-Stick Pan, Baking Sheet, 2 Mixing Bowls

Ingredients

½ oz. Feta Cheese Crumbles

.8 fl. oz. Garlic Aioli

2 fl. oz. White Balsamic Vinaigrette

1 Lemon

1 oz. Roasted Pecans

12 oz. Sweet Potato

1 Red Delicious Apple

2 oz. Baby Arugula

Customize It Options

12 oz. Boneless Skinless Chicken Breasts

12 oz. Boneless Pork Chops

16 oz. USDA Choice New York Strip Steak

12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
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160°	Ground Beef	Ground Pork
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165°	Chicken	Ground Turkey
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Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/16954

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **garlic aioli, vinaigrette**

Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Steps 2 and 3, cooking until browned, 2-3 minutes per side, adding topping, then roasting until pork reaches minimum internal temperature, 6-8 minutes. Rest, 3 minutes. Pork thickness can vary; if you receive a thinner chop, we recommend checking for doneness sooner. Sweet potatoes may need to continue roasting another 4-5 minutes.
- If using **NY strip steak**, follow same instructions as chicken in Steps 2, and 3, cooking until browned, 2-3 minutes per side, adding topping, then roasting until steaks reach minimum internal temperature, 8-10 minutes. Rest, 3 minutes. Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner.



2. Sear the Chicken

- Pat **chicken breasts** dry and season both sides with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium-high heat.
- Add 1 tsp. **olive oil** and chicken to hot pan and cook until browned, 2-3 minutes per side.
- Remove from burner. Chicken will finish cooking in a later step.



1. Start the Sweet Potatoes

- Quarter **sweet potato** and cut into $\frac{1}{2}$ " pieces.
- Place potatoes on prepared baking sheet and toss with 1 tsp. **olive oil**, $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into potatoes.
- Spread into a single layer. Roast in hot oven, 8 minutes.
- Sweet potato will finish cooking in a later step.
- While sweet potato roasts, continue recipe.



3. Finish the Sweet Potatoes and Chicken

- After 8 minutes, remove baking sheet from oven and push **sweet potato** to one side. Baking sheet will be hot! Use a utensil.
- Transfer **chicken** to empty side of baking sheet. Spread half the **garlic aioli** (reserve remaining for salad) evenly on chicken, then top with **pecans**, pressing gently to adhere.
- Roast in hot oven until sweet potato is tender and chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- While sweet potato and chicken roast, continue recipe.



4. Make the Salad

- Quarter **apple** and remove core. Cut into $\frac{1}{4}$ " slices.
- Halve **lemon**. Cut one half into wedges and keep other half whole.
- In a mixing bowl, combine apple, **arugula**, and $\frac{3}{4}$ the **vinaigrette** (reserve remaining for sauce). Set aside.



5. Make Sauce and Finish Dish

- In another mixing bowl, combine remaining **garlic aioli**, remaining **vinaigrette**, and a squeeze of **lemon half**. Set aside.
- Plate dish as pictured on front of card, topping **chicken** with **sauce** and salad with **feta**. Squeeze **lemon wedges** over dish to taste. Bon appétit!