



Everything-Crusted Chicken

WITH HONEY BUTTER CARROTS AND DILL CREMA

Oven-Ready



Prep & Cook Time

20-30 MIN

Cook Within

5 DAYS

You Will Need

Olive Oil, Pepper, Cooking Spray
Mixing Bowl, Microwave-Safe Bowl

Ingredients

- 1 tsp. Garlic Pepper
- 1/2 oz. Feta Cheese Crumbles
- 1/2 tsp. Garlic Salt
- .8 oz. Honey Butter
- 2 Dill Sprigs
- 12 oz. Boneless Skinless Chicken Breasts
- 12 oz. Halved Coin Cut Carrots
- 2 tsp. "Everything Bagel" Seasoning
- 1 oz. Sour Cream
- 1/2 oz. Sliced Almonds

Difficulty Level

EASY

Spice Level

NOT SPICY

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/18297

*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, sesame, 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.



1. Start the Chicken

- Turn oven on to 425 degrees. Let preheat, at least 10 minutes. Thoroughly rinse any fresh produce and pat dry. Spray provided tray with **cooking spray**.
- Pat **chicken** dry and place in provided tray. Spray with cooking spray and season with **everything bagel seasoning** and **garlic pepper**.
- Bake uncovered in hot oven, 10 minutes.
- *Chicken will finish cooking in a later step.*
- While chicken bakes, continue recipe.



2. Start the Carrots

- Place **carrots** and 1 tsp. **water** in a microwave-safe bowl. Cover with a damp paper towel and microwave until carrots are tender, 4-5 minutes, stirring halfway through.
- Carefully remove tray from oven and push **chicken** to one side of tray.
- Add carrots to empty side of tray and combine with 1 tsp. **olive oil** and **garlic salt**. Top with **butter**. *Tray will be hot! Use a utensil.*



3. Bake Meal and Make Crema

- Bake uncovered in hot oven until **carrots** are tender and **chicken** reaches a minimum internal temperature of 165 degrees, 8-10 minutes.
- While meal bakes, stem and tear **dill**.
- In a mixing bowl, combine **sour cream**, dill, and a pinch of **pepper**.
- Carefully remove from oven.
- To serve, top chicken with crema and garnish carrots with **cheese** and **almonds**. Bon appétit!