



Garlic-Thyme Roasted Chicken

WITH GREEN BEANS AND APPLES

Classic



Prep & Cook Time

30-40 MIN

Cook Within

5 DAYS

Difficulty Level

INTERMEDIATE

Spice Level

NOT SPICY

You Will Need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Large Non-Stick Pan

Ingredients

- 8 oz. Green Beans
- 1 Red Onion
- 2 Garlic Cloves
- 2 tsp. Chicken Demi-Glace Concentrate
- 1 Fuji Apple
- 3 Thyme Sprigs
- 4 fl. oz. Cream Sauce Base

Customize It Options

- 12 oz. Boneless Skinless Chicken Breasts
- 12 oz. Filets Mignon
- 12 oz. Sirloin Steaks
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

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/18629

*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
- Only half the **onion** is used in this recipe
- Ingredient(s) used more than once: **thyme**

Customize It Instructions

- If using **filets mignon**, follow same instructions as chicken in Steps 1, 3, and 4, cooking until browned on one side, 2-3 minutes, then roasting in hot oven until steaks reach a minimum internal temperature, 12-14 minutes. Rest, 3 minutes. *Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner.*
- If using **sirloin steaks**, follow same instructions as chicken in Steps 1, 3, and 4, cooking until browned on one side, 2-3 minutes, then roasting in hot oven until steaks reach a minimum internal temperature, 10-12 minutes. Rest, 3 minutes. *Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner.*



1. Prepare the Ingredients

- Trim ends off **green beans**. Cut into 1" pieces.
- Quarter **apple** and remove core. Cut into wedges and halve wedges into chunks.
- Stem and mince **thyme**.
- Peel and halve **onion**. Slice one half into thin strips (remaining half is yours to use as you please!).
- Mince **garlic**.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2. Start the Green Beans and Apple

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **green beans, apple, and onion** to hot pan and stir occasionally until lightly charred, 7-9 minutes.
- Remove from burner. Transfer green beans and apple to one half of prepared baking sheet and season with ¼ tsp. **salt** and a pinch of **pepper**. Spread into a single layer on their half.
- Wipe pan clean and reserve.



3. Sear the Chicken

- Return pan used to cook vegetables to medium-high heat and add 1 tsp. **olive oil**.
- Add **chicken breasts** to hot pan and cook undisturbed until browned, 4-5 minutes on one side.
- Remove from burner. Transfer chicken, seared side up, to empty side of baking sheet. Reserve pan; no need to wipe clean.



4. Finish the Chicken, Green Beans, and Apple

- Place baking sheet in hot oven and roast until **green beans** and **apple** are tender and **chicken** reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- When chicken and green beans have 5 minutes left, make sauce.



5. Make Sauce and Finish Dish

- Return pan used to sear chicken to medium heat and add 1 tsp. **olive oil**.
- Add **garlic** and **thyme** (reserving a pinch for garnish) to hot pan and cook until aromatic, 30-60 seconds.
- Add **cream base, demi-glace**, and a pinch of **salt** and **pepper**. Bring to a simmer. Once simmering, stir constantly until slightly thickened, 30-60 seconds.
- Remove from burner.
- Plate dish as pictured on front of card, topping **chicken** with **sauce** and reserved thyme. Bon appétit!