



# Chicken Breast with Roasted Garlic and Lemon Beurre Blanc

AND ROASTED PEARS AND GREEN BEANS

Classic



## Prep & Cook Time

35-45 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

## Ingredients

12 oz. Boneless Skinless Chicken Breasts  
3/4 oz. Roasted Garlic & Herb Butter  
1 oz. White Cooking Wine  
1 oz. Crème Fraîche  
1 Bosc Pear  
1/2 tsp. Garlic Pepper  
2 Garlic Cloves  
8 oz. Green Beans  
1 Lemon

## Customize It Options

12 oz. Filets Mignon  
12 oz. Sirloin Steaks  
12 oz. Salmon Fillets  
12 oz. Boneless Pork Chops

## 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/19041](http://www.homechef.com/19041)

\*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.

- 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 generously coat with cooking spray
- Check **pear** for ripeness upon delivery. If unripe, close in a paper bag, either alone or with a banana, apple, or tomato. Let sit on a counter for a couple days.



### 1. Roast Garlic and Prepare Ingredients

- Place **garlic** on a small piece of foil and top with 1 tsp. **olive oil**. Wrap foil around garlic, forming a pouch.
- Place garlic pouch on prepared baking sheet, open side up. Roast in hot oven, 10 minutes.
- While garlic roasts, quarter **pear**, core, and thinly slice.
- Zest and halve **lemon**. Juice one half and quarter other half.
- Trim ends off **green beans**.

### Customize It Instructions

- If using **pork chops** or **sirloin steaks**, follow same instructions as chicken in Steps 2 and 4, cooking until browned on one side, 2-3 minutes, then roasting, seared side up, until protein reaches minimum internal temperature, 10-12 minutes. Rest, 3 minutes.
- If using **filets mignon**, follow same instructions as chicken in Steps 2 and 4, cooking until browned on one side, 2-3 minutes, then roasting, seared side up, until steaks reach minimum internal temperature, 12-14 minutes. Rest, 3 minutes.
- If using **salmon fillets**, pat dry and season flesh side with **garlic pepper**. Follow same instructions as chicken in Steps 2 and 4, cooking until browned on one side, 2-4 minutes, then roasting, seared side up, until salmon reaches minimum internal temperature, 6-8 minutes.



### 2. Start the Chicken

- Pat **chicken** dry, and season both sides with **garlic pepper**.
- Place a medium non-stick pan over medium heat. Add 1 tsp. **olive oil** and chicken to hot pan. Cook undisturbed until browned, 2-3 minutes on one side.
- Remove from burner.
- Carefully remove baking sheet from oven. Transfer chicken, seared side up, to one side of baking sheet. Wipe pan clean and reserve. *Baking sheet will be hot! Use a utensil and oven mitt.*



### 3. Add the Pear and Green Beans

- Add **pear**, **green beans**, 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** to other side of prepared baking sheet and toss to combine.
- Spread into a single layer. *Baking sheet will be hot! Use a utensil and oven mitt.*



### 4. Finish the Chicken, Pear, and Green Beans

- Roast **chicken**, **garlic**, **pear**, and **green beans** until vegetables are tender and chicken reaches a minimum internal temperature of 165 degrees, 10-15 minutes.
- Carefully remove from oven.
- Transfer garlic to a clean cutting board and finely chop.



### 5. Make Sauce and Finish Dish

- Return pan used to cook chicken to medium heat. Add 1 tsp. **olive oil** and 1 tsp. **roasted garlic** to hot pan. Cook, 30 seconds.
- Add **white wine** and 1 tsp. **lemon juice**. Stir occasionally, 1 minute.
- Stir in **butter** and **crème fraiche** until thoroughly combined. Stir occasionally, 1 minute.
- Remove from burner. Add a pinch of **salt** and **pepper** and ½ tsp. **lemon zest**. Taste, and add more lemon zest, if desired.
- Plate dish as pictured on front of card, topping **chicken** with sauce and squeezing **lemon wedges** over **green beans** (to taste). Bon appétit!