



NUTRITION *per serving* 61g carbohydrates 38g fat 48g protein 1076mg sodium | shellfish-free, nut-free



Calories
771



Prep & Cook Time
30-40 min.



Cook Within
5 days



Difficulty
Intermediate



Spice Level
Not Spicy

IN YOUR BOX

- 2 Russet Potatoes
- 6 oz. Carrots
- 2 Garlic Cloves
- 2 Boneless Skinless Chicken Breasts
- .9 oz. Butter
- 2 fl. oz. Heavy Whipping Cream
- 1/3 cup Dijon Mustard
- 1 cup Panko Breadcrumbs

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Colander
- Medium Pot
- Medium Non-Stick Pan

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HOME CHEF

CUSTOMER FAVORITE

Dijon and Panko-Crusted Chicken

with roasted carrots and garlic mashed potatoes

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Place a colander in the sink

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** Dijon mustard is used twice. Most coats **chicken**, and 1 Tbsp. garnishes plate.

FROM THE CHEF

Check if boiled potatoes are “fork tender” without a fork by squeezing a potato with a pair of tongs. If it breaks up easily, it’s fully cooked.

Did you know...

Sometimes referred to as Japanese breadcrumbs, panko distinguishes itself from other breadcrumbs with its larger size and light, airy texture.



1

Prepare the Ingredients

Peel and cut **potatoes** into 1” dice. Peel, trim, and cut **carrots** into 4” sticks. Lightly crush **garlic**. Rinse **chicken breasts**, pat dry, and season both sides with a pinch of **salt and pepper**.



2

Prepare the Potatoes

Bring a medium pot with **potatoes, garlic**, enough **water** to cover, and 1 tsp. **salt** to a boil. Cook 14-18 minutes, or until fork tender. Drain in colander and return potatoes and garlic to pot. Add **butter** and **heavy cream** and mash with a potato masher or fork until smooth. Season with a pinch of **salt and pepper**. Set aside and keep warm.



3

Bread the Chicken

While potatoes cook, place **Dijon** (reserve 1 Tbsp. for garnish) and **panko breadcrumbs** in two separate plates or shallow dishes. Mix 1 Tbsp. **water** with **Dijon**. Coat **chicken** in Dijon, then dredge in panko breadcrumbs until completely coated.



4

Sear the Chicken

Heat 1 Tbsp. **olive oil** in a medium non-stick pan over medium heat. Add **chicken** to hot pan and sear on each side 2-3 minutes, or until beginning to brown (chicken will finish cooking later).



5

Roast Carrots and Finish Chicken

Place **carrots** on one side of prepared baking sheet and toss with 2 tsp. **olive oil** and a pinch of **salt and pepper**. Spread into a single layer and place seared **chicken breasts** on other side. Roast 10-12 minutes, or until chicken has reached a minimum internal temperature of 165 degrees. Remove chicken from baking sheet and let rest 5 minutes.



6

Plate the Dish

Place a portion of **potatoes** on a plate along with a **chicken breast**. Arrange a serving of **carrots** against chicken. Spoon reserved **Dijon** next to chicken.