



Pecan-Crusted Chicken

WITH BBQ-SPICED CARROTS

Meal Kit



Prep & Cook Time
30-40 MIN

Cook Within
5 DAYS

Difficulty Level
INTERMEDIATE

Spice Level
MILD

You Will Need
Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Mixing Bowl, Large Non-Stick Pan

Ingredients
1/4 oz. Parsley
1/2 oz. Dijon Mustard
.6 oz. Butter
1 1/2 oz. Roasted Pecans
16 oz. Carrot
10 oz. Boneless Skinless Chicken Breast Cutlet
2 tsp. BBQ Spice Rub
2 tsp. Chicken Demi-Glace Concentrate

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/24900

*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 cooking spray
- Ingredient(s) used more than once: **parsley, mustard, butter**



1. Prepare the Ingredients

- Chop **pecans** into pebble-sized pieces, if necessary.
- Peel, trim, and cut **carrots** on an angle into ¼" slices.
- Stem and mince **parsley**.
- Combine pecans, parsley (reserve a pinch for garnish), ¼ tsp. **olive oil**, and a pinch of **salt** and **pepper** in a mixing bowl. Set aside.
- Pat **chicken** dry and season both sides with a pinch of salt and pepper.



2. Roast the Chicken

- Place **chicken** on prepared baking sheet. Top evenly with half the **mustard** (reserve remaining for sauce), then **pecan mixture**, pressing firmly to adhere.
- Roast in hot oven until pecans are lightly browned and chicken reaches a minimum internal temperature of 165 degrees, 14-17 minutes.
- Carefully remove from oven.
- While chicken roasts, continue recipe.



3. Start the Carrots

- Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**.
- Add **carrots** to hot pan and stir occasionally until lightly browned, 2-3 minutes.
- Add ¼ cup **water** and a pinch of **salt** and **pepper**. Cover and reduce heat to medium. Cook until carrots are tender and water has mostly evaporated, 2-3 minutes.



4. Finish the Carrots

- Uncover and add half the **butter** (reserve remaining for sauce) and **BBQ spice rub** (to taste) to hot pan.
- Stir constantly until **carrots** are glazed and evenly coated, 1-2 minutes.
- Remove from burner. Transfer carrots to a plate. Reserve pan; no need to wipe clean.



5. Make Sauce and Finish Dish

- Return pan used to cook carrots to medium-high heat.
- Add ¼ cup **water**, **demi-glace**, and remaining **mustard** to hot pan. Stir to combine, then bring to a boil.
- Once boiling, remove from burner and stir in remaining **butter**.
- Plate dish as pictured on front of card, topping **chicken** with sauce and garnishing with reserved **parsley**. Bon appétit!