



HOME CHEF

Chicken Breast in Red Wine-Butter Sauce

With Creamed Kale and Seared Mushrooms



Roasted chicken breasts, creamed kale, and garlicky, thyme-infused mushrooms served with a red wine butter sauce make this French-inspired dish feel so fancy, you may want to dress up for dinner—or stay in your sweatpants. Because of comfort, and all.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 620
Carbohydrates: 27g
Fat: 33g
Protein: 72g
Sodium: 628mg
per serving

DIETARY



LOW CALORIE



LOW CARB



GLUTEN-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

A classic beurre rouge is made up of red wine, so we're not about to steer you in any other direction. The fancy folk might reach for a red Burgundy, but an \$8 California Pinot Noir will do the trick just fine.

INGREDIENTS

10 oz. Kale
5 oz. Cremini Mushrooms
1 Shallot
2 Garlic Cloves
4 Thyme Sprigs
2 Chicken Breasts
6 oz. Red Cooking Wine
1 ½ Tbsp. Red Wine Vinegar
4 oz. Evaporated Milk, Whole, Canned
1 ½ oz. Butter

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Baking Sheet
Medium Pan
Small Pot

DID YOU KNOW?

A beurre rouge, not to be confused with its white wine sister sauce, “beurre blanc”, is a classic French butter sauce made with shallots, red wine, and butter.

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Prepare the Ingredients

Preheat oven to 375 degrees and prepare a baking sheet with foil or use a nonstick baking sheet. Thoroughly rinse produce and pat dry. Stem **kale** and coarsely chop the leaves. Quarter **mushrooms**. Peel and mince **shallot**. Mince **garlic**. Stem **thyme**. Rinse **chicken breasts** and pat dry.



Cook the Chicken

Season **chicken breasts** with a pinch of **salt and pepper**. Heat 1 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Add chicken breasts to pan and cook until golden brown, about 4-5 minutes. Turn and cook 2 more minutes. Transfer to prepared baking sheet and bake 10 minutes, or until internal temperature reaches 165 degrees. Set aside and wipe pan clean.



Make the Beurre Rouge

In a small pot, combine **shallots, red wine, and vinegar**. Bring to a boil and reduce liquid to ¼ cup. Add 1 Tbsp. **evaporated milk**. Remove from heat and add **butter** 1 Tbsp. at a time, whisking constantly. Add next piece of butter only when last is completely incorporated. *This is a method called “mounting” the butter and makes sauces rich and smooth.* Set pot aside and season with **salt and pepper**. *If a smooth textured sauce is desired, pass sauce through a strainer.*



Cook the Mushrooms

Heat 2 tsp. **olive oil** in same pan used to sear chicken over medium heat. Add half the **garlic** and half the **thyme** and cook until fragrant, about 20 seconds. Add **mushrooms** and a pinch of **salt** and cook until browned and beginning to soften, about 6-8 minutes. Transfer mushrooms to a plate and set aside. Wipe out pan and return to medium heat. *Salting mushrooms while they cook will help them release their moisture and caramelize quicker.*



Make the Creamed Kale

In same pan, add 1 tsp. **olive oil** and remaining **garlic**. Cook 30 seconds and add chopped **kale** and remaining **evaporated milk**. Cook for 2-3 minutes or until evaporated milk is thick and creamy and kale is wilted. Season to taste with **salt and pepper**.



Plate the Dish

Arrange **kale** and **mushrooms** on a plate. Spoon **sauce** onto plate and place a **chicken breast** on top of sauce. Garnish with remaining **thyme**.