



HOME CHEF

One-Skillet Sherry Chicken

With Carrots, Rutabagas, and Chard



If you're looking for a late-fall dinner "win," you've come to the right place. This dish is nutritious with protein packed chicken breast, iron-rich Swiss chard, and healthy root vegetables (rutabaga and carrots). It's all stewed together in a sherry and shallot reduction that perfectly marries the tasty fall flavors.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 620
Carbohydrates: 32g
Fat: 53g
Protein: 76g
Sodium: 1109mg
per serving

DIETARY



LOW CALORIE



LOW CARB



GLUTEN-FREE



NUT-FREE

DRINK PAIRING

It sounds too obvious, but a good bottle of Sherry goes great here. We also like a light-bodied red wine, like an Oregon Pinot Noir.

INGREDIENTS

1 Garlic Cloves
1 Shallot
2 Carrots
1 Rutabaga
.15 oz. Parsley Sprigs
6 oz. Swiss Chard
.4 oz. Minor's Chicken Base,
Gluten Free
3 oz. Sherry
2 Chicken Breasts
¼ oz. Butter

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Mixing Bowl
Medium Pan

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Prepare the Ingredients

Thoroughly rinse produce and pat dry. Mince **garlic**. Peel and mince **shallot**. Trim ends, peel, and cut **carrots** into 2" lengths. Peel **rutabaga** and cut into 1" chunks. Stem and mince **parsley**. Stem **chard** and coarsely chop leaves. Mix **chicken base** with $\frac{2}{3}$ cup of **water** and **sherry** in a small bowl. Rinse **chicken** and pat dry. Season chicken with a pinch of **salt and pepper**.



Sear the Chicken

Heat a medium pan over medium heat. Add 2 tsp. **olive oil** and the **chicken breasts**. Cook for 3-4 minutes on each side, or until well browned (chicken will finish cooking in a later step). Transfer chicken to plate and return pan to medium-high heat (no need to wipe pan).



Cook the Vegetables

Add **butter**, **carrots**, and **rutabagas** to pan and cook until slightly browned, about 2-3 minutes. Add **garlic** and **shallots** to same pan and cook for 30 seconds. Add **chicken base-sherry mixture** and half the **parsley** (reserving remaining for garnish) to pan and stir to combine. Season to taste with **salt and pepper**.



Braise the Chicken

Nestle **chicken** into the **vegetables** and liquid and bring to a boil. Reduce to a simmer and cook for 10 minutes—turning chicken occasionally—until chicken reaches a minimum internal temperature of 165 degrees. Transfer chicken to a plate, increase heat to high, and reduce braising liquid to sauce consistency, about 3-5 minutes.



Cook the Chard

Add **chard** to pan and cook for 1 minute, or until chard is just wilted. Season with a pinch of **salt and pepper** and remove from heat. *Did you know that 'chard', commonly referred to as 'Swiss chard', is not Swiss in origin, or even cultivated there? Some claim it got its name from being classified by a Swiss botanist, but we still prefer to see it as one of life's eternal mysteries.*



Plate the Dish

Arrange **vegetables** on a plate and pour any remaining **sauce** over. Place **chicken breast** on top and garnish with remaining **parsley**.