



HOME CHEF

Crispy Chicken Provençal

With a Niçoise Olive and Tomato Pan Sauce
and Arugula Salad with Champagne Vinaigrette



This dish is so French you could wear it as a beret! You'll learn how to slowly render the fat from a chicken breast to ensure a perfectly crispy skin, then deglaze the pan with white wine to build a *luxe* pan sauce with herbs, tomatoes, and pitted Niçoise olives. Champagne vinaigrette made with chicken drippings (so French and SO delicious) dresses a peppery arugula salad. Vive la "nom-nom-nom"!

OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 522
Carbohydrates: 12g
Fat: 33g
Protein: 45g
Sodium: 546mg
per serving

DIETARY



LOW CALORIE



LOW CARB



DAIRY-FREE



GLUTEN-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

A Provence rosé or Belgian witbeer (Hoegaarden, Allagash, and Ommegang are excellent) complements the herby, olive-briny sides on this dinner.

INGREDIENTS

- 1 Shallot
- 2 Garlic Cloves
- 4 Thyme Sprigs
- 3 Oregano Sprigs
- 5 oz. Grape Tomatoes
- 2 Bone-in Skin-On Chicken Breast
- ½ oz. Champagne Vinegar
- ¼ oz. Honey
- 2 oz. White Cooking Wine
- 1 oz. Pitted Nicoise Olives
- 2 ½ oz. Arugula

WHAT YOU NEED

- Olive Oil
- Salt
- Pepper

EQUIPMENT

- Baking Sheet
- Medium Pan
- Mixing Bowl

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Prepare the Ingredients

Preheat oven to 400 degrees. Prepare a baking sheet with aluminum foil. Thoroughly rinse produce and pat dry. Peel and mince **shallot**. Peel and mince **garlic**, then mash into a paste using the flat side of your knife's blade. Stem and mince **thyme**. Stem and mince **oregano**. Halve half the **tomatoes** and leave remaining whole. Rinse **chicken breasts** and pat dry. Season chicken with a pinch of **salt and pepper**.



Cook the Chicken

Preheat a medium pan with 1 tsp. **olive oil** over medium heat. Add **chicken skin-side down** and cook, without moving, for 8-10 minutes, or until skin crisps. Peek once during cooking to make sure skin isn't browning too quickly (lower heat if needed). This cooking method slowly renders chicken fat, ensuring a crispy skin. Transfer **chicken skin-side up** to baking sheet and roast for 6 minutes, or until an internal temperature of 165 degrees is reached. Reserve **chicken drippings** in pan.



Make Champagne Vinaigrette with Drippings

Whisk **champagne vinegar**, **honey**, **half the garlic**, 2 tsp. **shallots**, and ¼ of the **chicken drippings** (1 Tbsp.) in a mixing bowl. Season to taste with **salt and pepper** and add more drippings to taste if desired. Return pan to medium-high heat.



Make Sauce

Add 2 Tbsp. **shallots** (to taste) and **remaining garlic** to pan with **chicken drippings** and cook for 30 seconds at medium heat. Add **white wine**, scraping up any bits stuck to bottom of pan (this is called *deglazing*). Add **tomatoes**, **olives**, **thyme**, **oregano** (reserve a bit of fresh herbs for garnish), and ¼ cup of **water** and cook until sauce reduces, about 3-4 minutes. Season to taste with **salt and pepper** (olives are salty so make sure to taste as you season).



Toss Salad

Toss **arugula** with **Champagne vinaigrette** in a mixing bowl. Add remaining **shallots** (to taste). Season to taste with **salt and pepper**.



Plate the Dish

Pour **tomato-olive sauce** on a plate and place **chicken breast** over sauce. Arrange **arugula salad** next to chicken and garnish with **reserved minced herbs**.