



#### In your box

- 2 oz. Sherry Wine
- ¼ fl. oz. White Balsamic Vinegar
- 1 Yellow Onion
- 3 Thyme Sprigs
- 4 oz. Grape Tomatoes
- 13 oz. Boneless Skinless Chicken Breasts
- 1 cup Panko Breadcrumbs
- 1 ½ oz. Swiss Cheese Slices
- 5 oz. Baby Arugula
- 1 tsp. Sugar



## French Onion Chicken

with arugula salad and white balsamic vinaigrette

NUTRITION per serving—Calories: 601, Carbohydrates: 29g, Fat: 30g, Protein: 47g, Sodium: 1637mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients  
*\*Nutritional information may vary if you selected antibiotic-free chicken breasts as your protein*

Prep & Cook Time  
40-50 min.

Cook Within  
5 days

Difficulty Level ● ● ●  
Intermediate

Spice Level 🌶️ 🌶️ 🌶️  
Not Spicy

## 📌 You will need

Olive Oil, Salt, Pepper

Mixing Bowl, Medium Oven-Safe Non-Stick Pan

## 👑 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 **450 degrees**
- Thoroughly rinse produce and pat dry



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### Prepare the Ingredients

- Peel and halve **onion**. Slice onion into thin strips.
- Stem **thyme**.
- Halve **tomatoes**.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.



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### Caramelize the Onion

- Place a medium oven-safe non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **onion** to hot pan and spread onion into a thin layer (some overlap is ok). Reduce heat to medium and cook undisturbed, 3-4 minutes.
- Season with a pinch of **salt** and **pepper**. Then stir often until onions are a deep golden brown, 5 minutes.
- Add **thyme** and **sherry wine**. Cook until wine has evaporated, 2-3 minutes.
- Transfer onion to a plate. Wipe pan clean and reserve.



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### Coat and Sear the Chicken

- Mix **panko** and ¼ tsp. **salt** on a plate. Add a **chicken breast** to panko and coat completely, pressing firmly to adhere. Shake gently to remove excess breading. Repeat with second chicken breast.
- Return pan used to caramelize onions to medium-high heat. Add 1 Tbsp. **olive oil** and **chicken breasts** to hot pan. Sear undisturbed on one side, 2-3 minutes.



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### Roast the Chicken

- Flip **chicken**, and place pan in hot oven. Roast until chicken reaches a minimum internal temperature of 165 degrees, 9-11 minutes.
- Carefully, divide **onions** between chicken breasts and cover with **cheese**. Return pan to oven and roast until cheese melts, 2-3 minutes.
- Remove from oven and rest 5 minutes.
- While chicken rests, make salad.



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### Finish the Dish

- Combine **white balsamic vinegar**, **sugar**, 5 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** in a mixing bowl. Add **arugula** and **tomatoes** and toss to coat completely.
- Plate dish as pictured on front of card. Bon appétit!