



NUTRITION *per serving* 20g carbohydrates 27g fat 62g protein 967mg sodium | low-calorie, low-carb, gluten-free, soy-free, shellfish-free, nut-free



Calories
550



Prep & Cook Time
25-35 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

6 oz. Brussels Sprouts
1 Shallot
1 Red Bell Pepper
2 Boneless Skinless Chicken Breasts
1 tsp. Smoked Paprika
6 Saffron Threads
2 fl. oz. White Cooking Wine
5 fl. oz. Canned Evaporated Whole Milk
.9 oz. Butter

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Baking Sheet
Medium Non-Stick Pan

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HOME CHEF

Chicken Breast with Saffron Beurre Blanc

with roasted Brussels sprouts and red pepper

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 **375 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil

WHILE YOU COOK

- Salt refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** Shallot is used twice. Sliced shallots are roasted with vegetables, and diced shallots go in sauce.
- For a smoother **sauce**, strain **diced shallots** from sauce after swirling in **butter** by passing it through a wire-mesh strainer into a small bowl.

FROM THE CHEF

Extract the most flavor and color from saffron threads by crumbling them between your thumb and forefinger as you add them to *beurre blanc*.

Did you know...

“*Beurre blanc*” is a French term for this reduction of white wine and butter that literally translates to “white butter.” Swirling in butter off the heat gives this sauce richness and a velvety texture.



Prepare the Ingredients

Trim bottoms off **Brussels sprouts** and halve (quarter if larger than ping pong balls). Peel and halve **shallot**. Slice half the shallot into thin strips and cut other half into a fine dice. Stem, seed, and cut **red bell pepper** into ½” dice. Rinse **chicken**, pat dry, and season both sides with **smoked paprika**, ½ tsp. **salt**, and ¼ tsp. **pepper**.



Start the Sauce

Return pan used to sear chicken to medium heat. Add ½ tsp. **olive oil**, **diced shallots**, **saffron**, and **white cooking wine** to hot pan and cook until reduced by half, 1-2 minutes.



Sear the Chicken

Place a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **chicken** to hot pan and cook until golden-brown, 2-3 minutes per side. Transfer to one side of prepared baking sheet and wipe pan clean. Reserve pan. *Chicken will finish cooking in a later step.*



Finish the Sauce

Add **evaporated milk** to pan and simmer until slightly thickened, 1-2 minutes. Remove pan from burner. Add **butter** to pan and swirl to incorporate.



Roast the Chicken and Vegetables

Toss **Brussels sprouts**, **sliced shallots** (reserve diced portion for sauce), and **red bell pepper** on other half of baking sheet. Toss with 1 tsp. **olive oil** and ¼ tsp. **salt** and a pinch of **pepper**. Spread into a single and transfer to oven. Roast until **chicken** reaches a minimum internal temperature of 165 degrees, 8-10 minutes. *If chicken finishes cooking before vegetables are tender, transfer chicken to a plate and return vegetables to oven another 4-5 minutes.*



Plate the Dish

Pour **saffron beurre blanc** on a plate. Serve **chicken** over sauce alongside **roasted vegetables**.