



#### In your box

1 Shallot  
1 oz. Grated Parmesan  
12 oz. Yukon Potato  
8 oz. Carrot  
6 Chive Sprigs  
4 fl. oz. Light Cream  
½ oz. Light Brown Sugar  
.3 oz. Butter  
2 tsp. Chicken Demi-Glace

#### Customize It Options

16 oz. Bone-in Skin-On Chicken Breasts  
13 oz. Boneless Skinless Chicken Breasts  
16 oz. Bone-in Pork Chops  
12 oz. Salmon Fillets

#### You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, Small Oven-Safe Casserole Dish, Medium Pot, Colander, Medium Pan



## Parisian Bistro Bone-In Chicken

with dauphinoise potatoes and Vichy carrots

NUTRITION per serving—Calories: 647, Carbohydrates: 57g, Fat: 32g, Protein: 35g, Sodium: 1403mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

\*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.

Prep & Cook Time

45-55 min.

Cook Within

5 days

Difficulty Level

Expert

Spice Level

Not Spicy

## Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ☐ If using fresh produce, thoroughly rinse and pat dry
- ☐ Preheat oven to **400 degrees**
- ☐ Prepare a baking sheet with foil
- ☐ Prepare a small casserole dish with cooking spray
- ☐ Ingredient(s) used more than once: **shallot, Parmesan**

### Customize It Instructions

- If using **boneless skinless chicken breasts**, follow same instructions in Step 1 and Step 2, roasting until chicken reaches minimum internal temperature, 10-12 minutes. Tent with foil.
- If using **bone-in pork chops**, follow same instructions in Step 1 and Step 2, roasting until pork reaches minimum internal temperature, 6-9 minutes. Tent with foil.
- If using **salmon**, follow same instructions in Step 1, seasoning flesh side only. Follow same instructions in Step 2, searing flesh side, 2-4 minutes. Roast until salmon reaches minimum internal temperature, 7-10 minutes. Tent with foil. Wipe pan clean and reserve.

#### Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

### Prepare the Ingredients

- Slice **potatoes** into thin rounds. Bring a medium pot with potatoes and enough **lightly salted water** to cover to a boil. Reduce to a simmer and cook until softened, 10-12 minutes.
- Drain potatoes in a colander. Return to pot, cover, and set aside.
- While potatoes cook, peel and mince **shallot**.
- Peel, trim, and cut **carrot** on an angle into ¼" slices.
- Mince **chives**.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.



2

### Cook the Chicken

- Heat 1 tsp. **olive oil** in a medium pan over medium-high heat. Add **chicken** to hot pan, skin side down, and cook until golden brown, 2-3 minutes per side.
- Transfer to prepared baking sheet, skin side up. Roast in hot oven until chicken reaches a minimum internal temperature (find temperature in Customize It Instructions), 24-28 minutes.
- Rest cooked chicken at least 5 minutes.
- Reserve pan; no need to wipe clean.
- While chicken roasts, finish potatoes.



3

### Finish the Dauphinoise Potatoes

- Add **cream**, **shallot** (reserve 1 Tbsp. for sauce), half the **Parmesan** (reserve remaining for topping), ½ tsp. **salt**, and ¼ tsp. **pepper** to pot with **potatoes**. Gently stir to combine.
- Transfer potatoes to prepared casserole dish. *For best results, use 1½-2½ cup capacity dish. You may also use a small oven-safe pan, including a cast iron.*
- Top with remaining Parmesan and bake until cheese browns, 18-20 minutes.
- Wipe pot clean and reserve.
- While potatoes bake, cook carrots.



4

### Make the Vichy Carrots

- Return pot used to make potatoes to medium heat. Add ½ cup **water**, **carrot**, **brown sugar**, **butter**, and a pinch of **salt** and **pepper** to hot pot. Bring to a simmer, cover, and cook until lightly glazed, 5-7 minutes.
- Remove cover and raise heat to medium-high. Stir often until carrot is tender, 6-8 minutes.
- Remove from burner.



5

### Make Sauce and Finish Dish

- Return pan used to cook chicken to medium-high heat and add ⅓ cup **water**, **demi-glaze**, and remaining **shallot**. Bring to a simmer. Once simmering, stir occasionally until slightly thickened, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, placing **chicken** on **sauce** and garnishing **potatoes** and **carrots** with **chives**. Bon appétit!