



NUTRITION *per serving* 33g carbohydrates 18g fat 63g protein 316mg sodium | low-calorie, low-carb, gluten-free, soy-free, nut-free



Calories
536



Prep & Cook Time
30-40 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Medium

IN YOUR BOX

- 2 Clementines
- 8 oz. Sunchokes
- 1 Red Bell Pepper
- 1 Green Onion
- 1 Rosemary Sprig
- 3 ¼ oz. Honey Packets
- 1 ¼ tsp. Red Pepper Flakes Packet
- 2 Boneless Skinless Chicken Breasts
- 1 oz. Bonewerks Classic Veal Demi-Glace
- 1 Tbsp. Balsamic Vinegar
- 2 Tbsp. Butter

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Small Bowl
- Medium Oven-Safe Pan



HOME CHEF

Clementine and Hot Honey Chicken

with sunchokes and balsamic jus

www.homechef.com/3083

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry
- Preheat oven to **375 degrees**

WHILE YOU COOK

- **Heads Up!** Green onions are used twice in this recipe. Half will go in **sauce** and remaining are used as garnish.
- **Heads Up!** Rosemary is used twice in this recipe. Save two 1” sprigs for garnish, and cook the rest with the vegetables.

FROM THE CHEF

Sunchokes will retain a bit of crunchiness even when fully cooked; in fact, unlike a potato, they can be eaten raw.

Did you know...

Similar to tangerines, clementines are easy-to-peel citrus fruits with no seeds, making them perfect for lending sweet juice to this dish.



1

Prepare Ingredients and Hot Honey

Zest and juice **clementines**. Cut **sunchokes** into 1” pieces. Stem, seed, and cut **red bell pepper** into 1” dice. Trim and thinly slice **green onions**. Trim two 1” lengths of **rosemary sprig** and set aside for garnish.



2

Make Hot Honey and Season Chicken

Combine **honey**, 1 tsp. **clementine zest**, 1 Tbsp. **warm water**, and **crushed red pepper** (to taste) in a small bowl. *A little goes a long way with crushed red pepper. Add a little, taste, and add more if desired. You're the chef, so use none at all, if you prefer!* Rinse **chicken breasts**, pat dry, and season with ½ tsp. **salt** and ¼ tsp. **pepper**.



3

Sear the Chicken

Heat a medium oven-safe pan over medium-high heat. Add 2 tsp. **olive oil** and **chicken** to hot pan and cook 2-3 minutes on each side, or until golden brown. Remove chicken to a plate and return pan to medium-high heat. *Chicken will finish cooking in next step.* Add 1 tsp. **olive oil**, **sunchokes**, **red bell pepper**, and long **rosemary sprig** to pan (reserve short pieces for garnish). Cover and cook, stirring occasionally, until vegetables are slightly softened and caramelized, about 5-7 minutes.



4

Roast Chicken and Vegetables

Return **chicken** and **any accumulated juices** to pan and roast in oven, uncovered, until chicken reaches a minimum internal temperature of 165 degrees and vegetables are fully cooked, about 8-10 minutes. Transfer chicken and vegetables to a plate and return pan to medium heat. *Pan handle will be HOT—wrap a clean, dry kitchen towel over handle.*



5

Make the Sauce

Keeping a kitchen towel wrapped around handle, add 1 tsp. **olive oil** and half the **green onion** to pan. Cook 30 seconds. Add **demi-glaze**, **balsamic vinegar**, **clementine juice**, and ¼ cup **water**. Bring to a boil and cook until thickened to a glaze, about 1-2 minutes. Remove from heat, swirl in **butter**, and season to taste with **salt and pepper**. *If desired, strain sauce for a more elegant presentation.*



6

Plate the Dish

Pour **glaze** on a platter and arrange **vegetables** and **chicken** on sauce. Drizzle chicken with **hot honey** (to taste—remember, it's spicy) and garnish with remaining **green onions** and reserved **rosemary sprigs**.

 Thanks for cooking with us. We hope you have a Happy Mother's Day!

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