



IN YOUR BOX

1 Shallot
¾ oz. Roasted Pistachios
8 oz. Golden Beet
8 oz. Red Beet
2 Boneless Skinless Chicken Breasts
1 ½ fl. oz. Champagne Vinegar
½ oz. Honey
4 oz. Baby Arugula
1 oz. Goat Cheese

CONTAINS: milk, tree nuts
(pistachios)

NUTRITION *per serving* 35g carbohydrates 38g fat 48g protein 1607mg sodium | calorie-conscious, carb-conscious



Calories
624



Prep & Cook Time
30-40 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Baking Sheet
Mixing Bowl
Medium Oven-Safe Pan

www.homechef.com/3238



Chicken and Roasted Beet Salad

with goat cheese and pistachios

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 **400 degrees**
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- ☐ **Red beet juice** is a strong dye (it's even used as food coloring), so cut red beets last to avoid staining other ingredients. Separate **red** and **golden beets** on baking sheet to keep colors distinct.
- ☐ **Shallots** bring a slightly assertive onion-garlic flavor when used raw. Use to taste when adding to **vinaigrette**.

FROM THE CHEF

The shape and hardness of raw beets can make them challenging to cut. After peeling, halve through its stem and lay flat on cutting board. Cut into 1/4" half-moons, then into 1/4" strips, and finally into 1/4" dice.

Did you know...

Pistachios are one of the oldest nuts known to man. Humans have been eating them for over 9,000 years and they are one of only two nuts mentioned in the Bible. Bonus points if you can name the other one!



Prepare the Ingredients

Peel and slice **shallot** into very thin rounds. Coarsely chop **pistachios**. Trim tops off **golden beet** and **red beet**, peel, halve, and cut into 1/4" dice. *Keep beets separate.* Pat **chicken breasts** dry, and season both sides with 1/2 tsp. **salt** and 1/4 tsp. **pepper**.



Roast the Beets

Place **golden beet** and **red beet** on separate halves of prepared baking sheet. Toss both with 1/2 tsp. **olive oil**, 1/4 tsp. **salt**, and a pinch of **pepper**. Roast until tender, 20-25 minutes. Set aside to cool. While beets roast, make dressing.



Make the Dressing

Combine **Champagne vinegar**, 2 Tbsp. **olive oil**, **honey**, 1/4 tsp. **salt**, and a pinch of **pepper** in a large mixing bowl. Add **shallot rounds** (to taste) and set aside.



Cook the Chicken

Heat 2 tsp. **olive oil** in a medium oven-safe pan over medium-high heat. Add **chicken** to hot pan and cook undisturbed until browned, 3-4 minutes. Flip chicken, place pan in oven, and roast until chicken reaches a minimum internal temperature of 165 degrees, 8-10 minutes. Carefully, remove chicken from pan and rest 5 minutes.



Finish the Salad

Slice **chicken**. Add **arugula** and **beets** to bowl with **vinaigrette**. Toss to coat.



Plate the Dish

Place a serving of **salad** on a plate and garnish with **goat cheese** (breaking up with your hands if needed) and **pistachios**. Serve **chicken** next to salad.