



NUTRITION *per serving* 28g carbohydrates 28g fat 46g protein 1918mg sodium | low-calorie, low-carb, gluten-free, soy-free, shellfish-free, nut-free



Calories
547



Prep & Cook Time
25-35 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

14 oz. Canned Artichokes
2 Parsley Sprigs
1 oz. Dried Cherries
½ cup Crispy Rice Cereal
2 Boneless Skinless Chicken Breasts
5 fl. oz. Canned Evaporated Whole Milk
¾ oz. Grated Parmesan Cheese
1 fl. oz. Red Cooking Wine
4 tsp. Beef Demi-Glace

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Small Oven-Safe Casserole Dish
Mixing Bowl
Medium Pan

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HOME CHEF

Chicken and Cherry Red Wine Sauce with artichoke gratin

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 **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a small casserole dish with cooking spray

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!** Crispy rice cereal and **Parmesan cheese** are both used twice. Half of both are used in **gratin filling** and remaining of both top **gratin** before baking.
- **Heads up!** Parsley is used twice. Half goes in **gratin** and remaining garnishes dish.

FROM THE CHEF

Whether using a small casserole dish or an oven-safe pan, place a baking sheet underneath gratin while in oven to catch any drips.

Did you know...

Topping gratins with crispy rice cereal is a great way to add crunch while keeping them gluten-free.



1

Prepare the Ingredients

Drain and coarsely chop **artichokes**. Stem and mince **parsley**. Coarsely chop **cherries**. Keep **crispy rice cereal** in shipping bag and lightly crush into coarse crumbs. Rinse **chicken breasts**, pat dry, and season both sides with $\frac{1}{2}$ tsp. **salt** and $\frac{1}{4}$ tsp. **pepper**.



4

Make the Cherry Red Wine Sauce

Place pan used to cook chicken over medium heat. Add **red wine** and cook 1 minute, or until mostly evaporated. Add **dried cherries**, **demi-glace**, and $\frac{1}{2}$ cup **water**. Stir and bring to a simmer. Cook 2-4 minutes, or until thick enough to coat back of a spoon. Remove from burner.



2

Assemble and Cook the Gratin

Combine **artichokes**, **evaporated milk**, **half the Parmesan**, **half the parsley**, **half the crispy rice cereal**, $\frac{1}{2}$ tsp. **salt**, and $\frac{1}{4}$ tsp. **pepper** in a medium mixing bowl. Transfer to prepared casserole dish and top with remaining Parmesan and remaining crispy rice cereal. Bake 15 minutes, or until bubbly and browned. *Use a small oven-safe pan if you don't have a small casserole dish.*



5

Plate the Dish

Serve **artichoke gratin** in casserole or on a plate alongside **chicken** and **cherry red wine sauce**. Garnish with remaining **parsley**.



3

Cook the Chicken

While gratin bakes, heat 2 tsp. **olive oil** in a medium pan over medium-high heat. Add **chicken** to hot pan and cook 5-6 minutes per side, or until well-browned and chicken reaches a minimum internal temperature of 165 degrees. Remove chicken from pan and let rest at least 5 minutes. Reserve pan (no need to wipe clean).