



NUTRITION *per serving* 23g carbohydrates 11g fat 44g protein 1346mg sodium | low-calorie, low-carb, gluten-free, dairy-free, soy-free, shellfish-free, nut-free



Calories
371



Prep & Cook Time
30-40 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 8 oz. Carrots
- 8 oz. Brussels Sprouts
- 4 Parsley Sprigs
- 2 Boneless Skinless Chicken Breasts
- 1 ½ tsp. Vegetable Seasoning Blend
- 2 tsp. Chicken Demi-Glace
- ½ oz. Dijon Mustard
- ½ oz. Honey

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Medium Non-Stick Pan

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HOME CHEF

Chicken Château with Dijon Demi-Glace and herb-roasted root vegetables

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 baking sheet with foil and 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!** Parsley is used twice. Half seasons **vegetables** and remaining garnishes dish.
- Watch carefully when cooking **chicken** and keep heat to medium. High heat will burn **spice blend**.
- **Spice Alert!** Mustard adds a pungent brightness to **sauce**. Use to taste.

FROM THE CHEF

To get the best, most beautiful sear on chicken, make sure pan is hot, put the smooth side of chicken breast down first, press gently for a few seconds, and try not to move chicken for first 2-3 minutes.

Did you know...

Demi-glace is a classic French sauce made by reducing a flavorful brown stock until it is thick and rich.



Prepare the Ingredients

Peel, trim, and cut **carrots** into ¼" diagonal slices. Trim bottoms off **Brussels sprouts** and quarter. *Halve sprouts smaller than a nickel.* Stem and mince **parsley**. Rinse **chicken**, pat dry, and season both sides with **vegetable seasoning blend**.



Roast the Vegetables

Place **Brussels sprouts**, **carrots**, **half the parsley** (reserve remaining for garnish), 2 tsp. **olive oil**, ½ tsp. **salt**, and ¼ tsp. **pepper** on prepared baking sheet. Spread into a single layer on one side. Roast 8-10 minutes and remove from oven. *Vegetables will finish cooking in later step.*



Sear the Chicken

Heat a medium non-stick pan over medium heat. Add 2 tsp. **olive oil** and **chicken** to hot pan and cook until lightly browned, 2-3 minutes per side. *Make sure to keep pan temperature at medium, as seasoning burns easily.*



Roast the Chicken

Transfer **chicken** to open side of baking sheet. Return to oven and roast until chicken reaches a minimum internal temperature of 165 degrees and **vegetables** are lightly browned and tender, 8-10 minutes. Reserve pan; no need to wipe clean. While vegetables and chicken roast, make sauce.



Make the Sauce

Combine **chicken demi-glace**, **mustard** (to taste), **honey** and ½ cup **water** in pan used to sear chicken. Bring to a boil over high heat, reduce heat to medium-low, and cook until thickened to consistency of a light gravy, 2-4 minutes.



Plate the Dish

Spoon **sauce** onto plate and place **chicken** over sauce. Arrange **vegetables** next to chicken and garnish with remaining **parsley**.