



NUTRITION *per serving* 32g carbohydrates 17g fat 48g protein 911mg sodium | low-calorie, low-carb, gluten-free, dairy-free, shellfish-free, nut-free



Calories
468



Prep & Cook Time
35-45 min.



Cook Within
5 days



Difficulty
Intermediate



Spice Level
Not Spicy

IN YOUR BOX

- 1 ½ fl. oz. Liquid Egg
- 6 oz. Brussels Sprouts
- 12 oz. Carrot
- 1 ½ cup Crispy Rice Cereal
- 2 Boneless Skinless Chicken Breasts
- ½ tsp. Caraway Seeds
- 1 oz. Mayonnaise
- ½ oz. Capers

IN YOUR KITCHEN

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

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HOME CHEF

Crispy Bavarian Caraway Chicken

with caper sauce and 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 **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Separation is natural when shipping liquid eggs. **Shake well** before using.

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.

FROM THE CHEF

Be sure to keep a clean, dry towel around handle of pan after removing from oven as a reminder that it's still very hot.

Did you know...

Bavaria is a state in southeastern Germany. Bavaria's state capital, Munich, is known for its annual Oktoberfest beer festival, art museums, and ornate Nymphenburg Palace.



Prepare the Ingredients

Trim bottoms off **Brussels sprouts** and halve (quarter if larger than ping pong balls). Peel, trim, and cut **carrot** diagonally into ¼” pieces. Leave **crispy rice cereal** in shipping bag and crush into a fine, bread crumb-like texture. Rinse **chicken breasts**, pat dry, and season both sides with a pinch of **salt and pepper**.



Roast the Brussels and Carrots

Place **Brussels sprouts** and **carrots** on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper**. Spread into a single layer and roast until carrots are tender and Brussels start to char, 15-18 minutes. While vegetables roast, bread chicken.



Bread the Chicken

Place **liquid eggs** in a medium mixing bowl. Combine crushed **crispy rice cereal** and **caraway** on a plate. Dip **chicken** in egg, shake off excess, and dredge in crispy rice cereal mixture. Toss to coat completely and use your hands to adhere crispy rice cereal mixture to chicken. Transfer to a plate and rest 5 minutes while preheating pan.



Cook the Chicken

Heat a medium oven-safe pan over medium-high heat. Add 1 Tbsp. **olive oil** and **chicken** to hot pan and cook on one side until golden brown, 4-5 minutes. Flip chicken, place pan in oven, and roast until well-browned and chicken reaches a minimum internal temperature of 165 degrees, 5-8 minutes. Transfer to a plate to rest 5 minutes before serving. While chicken bakes, make sauce.



Make the Caper Sauce

Combine **mayonnaise** and **capers** in a small bowl. Season to taste with **salt and pepper**.



Plate the Dish

Serve **chicken** on a plate alongside **vegetables**. Serve **caper sauce** on side.