



NUTRITION *per serving* 47g carbohydrates 16g fat 48g protein 1485mg sodium | low-calorie, gluten-free, soy-free, shellfish-free, nut-free



Calories
547



Prep & Cook Time
35-45 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy



HOME CHEF

STAFF PICK

White Wine Garlic Chicken

with roasted potatoes and peas

IN YOUR BOX

- 2 Russet Potatoes
- 10 Garlic Cloves
- 3 Thyme Sprigs
- 2 Boneless Skinless Chicken Breasts
- 6 fl. oz. White Cooking Wine
- 1 oz. Lemon Garlic Herb Butter
- 3 oz. Frozen Peas

IN YOUR KITCHEN

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

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Move oven rack to **bottom** position
- Preheat oven to **450 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.
- Copious amounts of **garlic** is a hallmark of this dish, but use to taste to suit your preference.

FROM THE CHEF

While potatoes cook, use the time to do next few steps. That way your dinner will be hot and ready at the same time.

Did you know...

This dish of chicken served in a lemon-garlic pan sauce with peas and potatoes is modeled on Chicken Vesuvio, an iconic dish from our hometown, Chicago.



1

Cook the Potatoes

Halve **potatoes** lengthwise. Cut each half lengthwise into four wedges. Place potatoes onto prepared baking sheet, drizzle with 1 Tbsp. **olive oil** and ½ tsp. **salt**, and toss to combine. Spread into a single layer, place baking sheet on bottom rack, and bake until bottom side is golden brown, 15 minutes. Flip potatoes and roast until potatoes are tender, golden brown, and crispy, 10-15 minutes. Remove from oven and set aside. While potatoes roast, prepare ingredients.



2

Prepare the Ingredients

Cut **garlic** into ⅛" slices. *If you're short on time, smash whole cloves with knife blade, and remove cloves from sauce or strain before serving.* Stem **thyme** and coarsely chop. Rinse **chicken breasts**, pat dry, and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



3

Cook the Chicken

Place a medium pan over medium-high heat. Add 1 tsp. **olive oil** and **chicken** to hot pan. Cook undisturbed until golden brown, 3-4 minutes. Flip, reduce heat to medium, and cook until chicken reaches a minimum internal temperature of 165 degrees, 4-6 minutes. Remove to plate and reserve pan (no need to wipe clean).



4

Make the Sauce

Return pan used to cook chicken to medium-high heat. Add ¼ tsp. **olive oil** and **garlic**. Cook until very lightly browned on edges and aromatic, 30 seconds to 1 minute. Add **wine**, bring to a boil and reduce until ¼ cup of liquid remains, 2-4 minutes. Remove from burner, add **thyme**, and swirl in **butter**. *Sauce should be velvety and thickened enough to coat the back of a spoon. Strain or pick out any whole garlic cloves.*



5

Cook the Peas

Sprinkle **peas** on baking sheet with **potatoes** and return to oven until peas are warmed through, 2 minutes.



6

Plate the Dish

Place **potatoes** and **peas** on plate. Serve **chicken** in front of vegetables and pour **sauce** over chicken and potatoes.