



NUTRITION per serving 30g carbohydrates 12g fat 52g protein 1072mg sodium | low-calorie, low-carb, gluten-free, soy-free, shellfish-free, nut-free

Calories
398

Prep & Cook Time
25-35 min.

Cook Within
5 days

Difficulty
Easy

Spice Level
Not Spicy



HOME CHEF

Sicilian Herbed Chicken

with green beans and mozzarella tomatoes

IN YOUR BOX

1.8 oz. Butter
16 oz. Green Beans
4 Roma Tomatoes
4 Garlic Cloves
10 Parsley Sprigs
4 Boneless Skinless Chicken Breasts
2 Tbsp. Italian Seasoning Blend
4 oz. Shredded Mozzarella
1½ fl. oz. Balsamic Glaze

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Baking Sheet
Small Bowl
Large Oven-Safe Non-Stick Pan
Mixing Bowl

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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!
- Preheat oven to **425 degrees**
- Set **butter** on counter to soften
- 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 is mixed with **butter** and remaining garnishes dish.
- Heads Up! **Italian seasoning** is used twice. Half seasons **chicken** and remaining is sprinkled on **tomatoes**.

FROM THE CHEF

Whether it's a baking sheet in the oven or a pan on the stove, you never want to overcrowd your pan. Add a second baking sheet or cook in batches for delicious, golden-brown results.

Keep a close eye on chicken while it sears in pan, as dried herbs brown quickly and can burn if left on the heat too long.

Did you know...

Italian seasoning is a blend of marjoram, oregano, parsley, and other herbs, which adds distinct flavor and aroma to this dish.



Prepare the Ingredients

Trim ends off **green beans**. Halve **Roma tomatoes** lengthwise. Use an half teaspoon measuring spoon to scoop out a $\frac{1}{2}$ " deep well in each tomato half. Mince **garlic**. Stem and mince **parsley**. Combine **butter** and **half the parsley** (reserve remaining for garnish) and a pinch of **pepper** in a small bowl. Rinse **chicken**, pat dry, and season both sides with **half the Italian seasoning** (reserve remaining for tomatoes), $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper**.



Cook the Tomatoes

Place **tomato halves**, cut side up, on one half of prepared baking sheet. Divide **parsley-butter** between each tomato well and top each with shredded **mozzarella**. Sprinkle mozzarella with remaining **Italian seasoning**, $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper**. Bake until cheese has mostly melted, 10 minutes. While tomatoes bake, sear chicken.



Sear the Chicken

Heat 2 tsp. **olive oil** in large oven-safe non-stick pan over medium heat. Add **chicken breasts** to hot pan and cook until golden brown, 2-3 minutes per side. *Chicken will finish cooking in later step.* While chicken cooks, toss green beans.



Toss the Green Beans

Toss **green beans** with **garlic**, $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper** in a medium mixing bowl.

Finish the Chicken

After **tomatoes** have roasted 10 minutes, remove baking sheet from oven. Place **green beans** on other half of baking sheet and spread into a single layer. Place baking sheet and pan with chicken in oven and bake until chicken reaches a minimum internal temperature of 165 degrees and cheese is brown and bubbly, 6-8 minutes. Rest chicken 5 minutes.