



NUTRITION per serving 33g carbohydrates 19g fat 45g protein 1383mg sodium | CONTAINS gluten | calorie-conscious, carb-conscious



Calories
479



Prep & Cook Time
35-45 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 4 Garlic Cloves
- 1 Fennel Bulb
- 1 Fuji Apple
- 1 Lemon
- 6 oz. Red Beet
- 2 Boneless Skinless Chicken Breasts
- ¼ cup Panko Breadcrumbs

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- 2 Mixing Bowls
- Medium Oven-Safe Pan

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Roasted Garlic-Crusted Chicken

with beet, apple, and fennel salad

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 **450 degrees**
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare a baking sheet with foil and cooking spray

FROM THE CHEF

Red beet juice is a strong (it's even used in food coloring). Cut beets last and keep them on their separate quarter of baking sheet to avoid staining other ingredients.

Did you know...

Fennel has been used throughout history to cure snake bites and ward off evil spirits. But its reputation as an aid for digestion, as well as its warm and aromatic anise, licorice-y flavor are what's made it popular for centuries in kitchens all over the world.



Roast the Garlic

Place **garlic** on a piece of foil and add 1 tsp. **olive oil**. Fold foil around garlic, making a pouch. Place pouch, opening side up, directly on oven rack. Roast until soft and lightly caramelized, 15-18 minutes. Open pouch and cool 5 minutes, then mince into a chunky paste. While garlic roasts, prepare ingredients.



Make Vinaigrette and Coating

In a small mixing bowl, whisk together 2 Tbsp. **olive oil**, 1 Tbsp. **lemon juice**, and a pinch of **salt** and **pepper**. Set aside. In another small mixing bowl, mix **panko** and 1 tsp. **olive oil** until panko is coated evenly.



Prepare the Ingredients

Trim top and bottom of **fennel bulb**, quarter lengthwise, remove tough core from each slice, and cut into 1" dice. Quarter **apple** and remove core. Cut into 1" dice. Halve **lemon** lengthwise. Cut one half into four wedges and juice other half. Trim ends off **beet**, peel, and cut into 1/2" dice. Pat **chicken breasts** dry, and season both sides with 1/4 tsp. **salt** and 1/4 tsp. **pepper**.



Cook the Chicken

Place a medium oven-safe pan over medium-high heat. Add 2 tsp. **olive oil** and **chicken** to hot pan. Cook undisturbed until browned, 3-4 minutes. Flip chicken and remove from burner. Smear **roasted garlic** on each chicken breast and top with **panko-olive oil** mixture. Sprinkle with a pinch of **salt** and place pan in oven. Roast until panko is golden brown and chicken reaches a minimum internal temperature of 165 degrees, 4-6 minutes.



Roast the Vegetables

Place **beet** on 1/4 of prepared baking sheet and toss with 1 tsp. **olive oil**, 1/4 tsp. **salt**, and a pinch of **pepper**. Spread beet into a single layer on their 1/4 and roast 5 minutes. Remove from oven, and carefully place **fennel**, **apple**, 1 Tbsp. **olive oil**, 1/4 tsp. **salt**, and 1/4 tsp. **pepper** on empty area of baking sheet. Toss and spread into a single layer separate from beet. Roast until vegetables are tender and browned, 18-22 minutes. While vegetables roast, make vinaigrette and coating.



Plate the Dish

Place **vegetables** on plate. Place **chicken** next to vegetables. Drizzle **vinaigrette** over vegetables and around plate. Garnish with **lemon wedges**.