



**NUTRITION** per serving 14g carbohydrates 38g fat 45g protein 1491mg sodium | calorie-conscious, carb-conscious



Calories  
**600**



Prep & Cook Time  
**25-35 min.**



Cook Within  
**5 days**



Difficulty  
**Intermediate**



Spice Level  
**Not Spicy**

#### IN YOUR BOX

6 oz. Cremini Mushrooms  
4 oz. Swiss Chard  
1 Yellow Onion  
2 Garlic Cloves  
3 oz. Grape Tomatoes  
2 Boneless Skinless Chicken Breasts  
½ oz. Grated Parmesan Cheese  
2 fl. oz. White Cooking Wine  
4 fl. oz. Light Cream

#### CONTAINS: milk

*Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients*

#### IN YOUR KITCHEN

Olive Oil  
Salt  
Pepper  
Baking Sheet  
Medium Pan  
Large Non-Stick Pan

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STAFF PICK

**Chicken with Sauce Soubise**  
with Swiss chard, mushrooms, and tomatoes

## 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

## WHILE YOU COOK

- Heads Up!** **Onion** is used twice. **Sliced onion** is cooked with **vegetables**, and **minced onion** is added to **sauce**.

## FROM THE CHEF

Be patient when cooking onions for sauce. Make sure they're translucent but not browned before adding wine for a mellower, more balanced flavor.

### Did you know...

*Soubise sauce, dating back to the 1850s, is traditionally the marriage of an onion puree to one of the mother sauces of French cuisine, béchamel. Can you name the other four "mother" sauces?*



1

## Prepare the Ingredients

Cut **mushrooms** into ¼" slices. Stem **Swiss chard**. Cut stems into ¼" slices and coarsely chop leaves. Halve and peel **onion**. Slice half the onion thinly and mince other half. Mince **garlic**. Halve **grape tomatoes**. Pat **chicken breasts** dry, and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



2

## Cook the Chicken

Place a medium pan over medium-high heat. Add 2 tsp. **olive oil** and **chicken breasts** to hot pan. Sear until browned, 2-3 minutes per side. Transfer to prepared baking sheet and roast until chicken reaches a minimum internal temperature of 165 degrees, 4-6 minutes. Rest chicken 3 minutes. Reserve pan; no need to wipe clean. While chicken cooks, start vegetables.



3

## Start the Vegetables

Place a large non-stick pan over medium-high heat. Add 1 Tbsp. **olive oil** and **mushrooms** to hot pan. Stir occasionally until lightly browned, 3-4 minutes. Add **Swiss chard stems**, **sliced onions**, and **garlic** and cook 2 minutes.



4

## Finish the Vegetables

Add ¼ cup **water** and **Swiss chard leaves** and stir occasionally until wilted, 2 minutes. Add **grape tomatoes** and cook until warmed through, 1 minute. Remove from burner and stir in **Parmesan** and ¼ tsp. **salt**.



5

## Make the Sauce

Return pan used to cook chicken to medium heat and add 1 tsp. **olive oil** and **minced onion** to hot pan. Stir occasionally until translucent, 2-3 minutes. Add **white wine** and cook until wine evaporates, 1-2 minutes. Add **cream** and reduce until thick enough to coat the back of a spoon, 2-3 minutes. Season with ¼ tsp. **salt** and stir in any **accumulated juices from chicken**.



6

## Finish the Dish

Slice **chicken** if desired. Place **vegetables** on a plate and place chicken next to vegetables. Add **sauce** on and around chicken.