



**NUTRITION** per serving 55g carbohydrates 28g fat 47g protein 1578mg sodium



Calories  
**668**



Prep & Cook Time  
**30-40 min.**



Cook Within  
**5 days**



Difficulty  
**Easy**



Spice Level  
**Not Spicy**

#### IN YOUR BOX

8 Butter Crackers  
16 oz. Sweet Potato  
¼ oz. Parsley  
2 Garlic Cloves  
2 Boneless Skinless Chicken Breasts  
2 fl. oz. Liquid Egg  
.6 oz. Butter  
3 oz. Baby Spinach  
2 tsp. Chicken Demi-Glace  
1 oz. Blue Cheese Crumbles

**CONTAINS:** milk, eggs, wheat, soy  
*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  
Cooking Spray  
Baking Sheet  
Medium Non-Stick Pan

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## Butter Cracker-Crusted Chicken

with blue cheese sweet potatoes

## 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**
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray

## WHILE YOU COOK

- ☐ **Heads Up! Butter** is used twice. Half is added to **potatoes** and remaining is added to **sauce**.
- ☐ **Heads Up! Parsley** is used twice. Half is added to **potatoes** before they cook and remaining garnishes potatoes.

## FROM THE CHEF

Be sure to have a mix of coarse and finer pieces of crackers. The bigger pieces bring a buttery crunch while the finer crumbs evenly cover the chicken.

### Did you know...

Why do crackers like the buttery ones used here have holes in them? Making crackers on an industrial scale means that air pockets may get hidden in the dough, causing the cracker to explode while being baked. The holes allow any air to escape.



1

## Prepare the Ingredients

Gently crush **crackers** in their bag. *Some larger pieces are fine.* Cut **sweet potato** into ¼” dice. Stem and mince **parsley**. Mince **garlic**. Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

## Bread the Chicken

Place **chicken breasts** on half of prepared baking sheet. Brush tops with **liquid egg** and cover with **cracker pieces**. Lightly press to adhere.



3

## Start the Potatoes

Heat half the **butter** (reserve remaining for sauce) in a medium non-stick pan over medium heat. Add **sweet potatoes** to hot pan and stir occasionally until lightly browned, 4-6 minutes. Season with half the **parsley** (reserve remaining for garnish), ¼ tsp. **salt**, and a pinch of **pepper**. Remove from burner.



4

## Finish the Chicken and Potatoes

Transfer **sweet potatoes** to other half of baking sheet. Reserve pan and wipe clean. Roast until sweet potatoes are tender and **chicken** reaches a minimum internal temperature of 165 degrees, 18-20 minutes. While chicken and potatoes roast, wilt spinach.



5

## Wilt Spinach and Make Sauce

Line a plate with paper towels. Return pan used to cook potatoes to medium heat. Add 1 tsp. **olive oil** and **garlic** to hot pan. Cook until aromatic, 30-60 seconds. Add **spinach** and a pinch of **salt** and cook until wilted, 1-2 minutes. Remove from burner and transfer spinach to towel-lined plate. Carefully, wipe pan clean and return to medium heat. Add 2 Tbsp. **water** and **demi-glace**. Bring to a simmer and cook until slightly thickened, 2-3 minutes. Remove from burner and swirl in remaining **butter**.



6

## Finish the Dish

Place **sweet potatoes** on a plate and top with **blue cheese** and remaining **parsley**. Spoon **sauce** onto plate. Lay **chicken** on sauce and place **spinach** next to chicken.