



In your box

- 8 oz. Parsnip
- 8 oz. Carrot
- 1 Shallot
- 2 Dill Sprigs
- 2 Boneless Skinless Chicken Breasts
- 1 fl. oz. White Cooking Wine
- 1 oz. Sour Cream
- 1 oz. Butter

CONTAINS milk



Chicken with Beurre Blanc and dilled parsnips and carrots

NUTRITION per serving—Calories: 578, Carbohydrates: 32g, Fat: 30g, Protein: 41g, Sodium: 1353mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
40-50 min.

Cook Within
5 days

Difficulty Level ● □ □ □
Easy

Spice Level □ □ □ □
Not Spicy

📌 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Medium Non-Stick Pan

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



1

Prepare the Ingredients

- Peel, trim, and cut **parsnip** and **carrot** into ½” slices at an angle. (If carrot or parsnip is 1” diameter or larger, halve before slicing.)
- Peel and mince **shallot**.
- Mince **dill**, leaves and stems.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Roast the Vegetables

- Place **parsnip** and **carrot** on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into vegetables.
- Spread into a single layer and roast in hot oven until tender, 34-36 minutes.
- After vegetables have roasted 10 minutes, start chicken.



3

Cook the Chicken

- Heat 2 tsp. **olive oil** in a medium non-stick pan over medium heat.
- Add **chicken** to hot pan. Cook undisturbed until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Transfer chicken to a plate.
- Wipe pan clean and reserve.



4

Make the Beurre Blanc

- Return pan used to cook chicken to medium heat.
- Add 1 tsp. **olive oil** and 1½ Tbsp. **shallot** to hot pan. Cook until softened, 30-90 seconds.
- Add **white cooking wine** and cook until mostly evaporated, 1-2 minutes.
- Remove pan from burner. Add **sour cream**, stirring constantly until fully incorporated. Stir in **butter**.



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing **chicken** with **beurre blanc** and **vegetables** with **dill**. Bon appétit!