



#### In your box

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



## Chicken with Beurre Blanc and dilled parsnips and carrots

NUTRITION per serving—Calories: 587, Carbohydrates: 33g, Fat: 30g, Protein: 41g, Sodium: 1598mg.  
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 ● ● ● ● ●  
Intermediate

Spice Level ● ● ● ● ●  
Not Spicy

## ① 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



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### Prepare the Ingredients

- Peel, trim, and cut **parsnip** and **carrot** at an angle into ½" slices. (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**.



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### 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 into vegetables.
- Spread into a single layer and roast in hot oven until tender, 30-34 minutes.
- After vegetables have roasted for 10 minutes, start chicken.



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### Cook the Chicken

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



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### Make the Beurre Blanc

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



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### Finish the Dish

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