



In your box

- 2 tsp. Chicken Demi-Glace
- 2 fl. oz. Balsamic Vinegar
- 12 oz. Fingerling Potatoes
- 1 Red Onion
- 8 oz. Green Beans
- ½ tsp. Powdered Ranch Seasoning
- 13 oz. Boneless Skinless Chicken Breasts
- 2 Garlic Cloves



Chicken with Balsamic-Red Onion Marmalada and ranch fingerling potatoes

NUTRITION per serving—Calories: 576, Carbohydrates: 55g, Fat: 19g, Protein: 45g, Sodium: 1269mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
5 days

Difficulty Level ● ● ●
Intermediate

Spice Level ☐ ☐ ☐
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Mixing Bowl, Baking Sheet, 2 Medium Non-Stick Pans

👑 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



1

Prepare the Ingredients

- Halve and peel **onion**. Slice halves into thin strips.
- Trim ends off **green beans**.
- Halve **potatoes** lengthwise.
- Mince **garlic**.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.



2

Roast the Potatoes

- Toss **potatoes** with 2 tsp. **olive oil** on prepared baking sheet. Massage oil into potatoes.
- Spread into a single layer and roast in hot oven until golden brown and tender, 20-25 minutes.
- Transfer cooked potatoes to a mixing bowl and toss with **ranch seasoning**.
- While potatoes roast, caramelize onion.



3

Caramelize the Onion

- Place a medium non-stick pan over medium heat. Add 1 tsp. **olive oil** and **onion** to hot pan. Stir often until onion is caramelized, 7-8 minutes.
- Add ½ cup **water**, **balsamic vinegar**, and **demi-glace**. Bring to a boil and stir occasionally until liquid has evaporated, 4-6 minutes.
- Remove from burner.



4

Cook the Chicken

- Place another medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **chicken breasts** to hot pan. Cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove chicken to a plate and tent with foil.
- Reserve pan; no need to wipe clean.



5

Cook the Green Beans

- Return pan used to cook chicken to medium heat and add 2 tsp. **olive oil**. Add **garlic** and cook, 30 seconds.
- Add **green beans** and cook, 1 minute.
- Add ¼ cup **water**, ¼ tsp. **salt**, and a pinch of **pepper**. Cover and cook until tender, 4-6 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, placing **onions** on **chicken**. Bon appétit!