



#### In your box

- 13 oz. Boneless Skinless Chicken Breasts
- 2 tsp. Chicken Demi-Glace
- 8 oz. Green Beans
- 2 Garlic Cloves
- 4 fl. oz. Light Cream
- 3 Thyme Sprigs
- 1 Shallot
- 1 Fuji Apple



Staff Pick

## Garlic-Thyme Roasted Chicken

with green beans and apples

NUTRITION per serving—Calories: 529, Carbohydrates: 32g, Fat: 26g, Protein: 41g, Sodium: 1394mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
30-40 min.

Cook Within  
5 days

Difficulty Level ● ● ●  
Intermediate

Spice Level ● ● ● ●  
Not Spicy

## ① You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, Large 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

- Trim ends off **green beans**. Cut into 1" pieces.
- Quarter **apple** and remove core. Cut into wedges and halve wedges into chunks.
- Peel and halve **shallot**. Slice halves into thin strips.
- Mince **garlic**.
- Stem and mince **thyme**.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



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### Start the Vegetables

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **green beans, apples, and shallots** to hot pan and stir occasionally until lightly charred, 7-9 minutes.
- Remove vegetables to one half of prepared baking sheet and season with ¼ tsp. **salt** and a pinch of **pepper**. Spread into a single layer on their half.
- Wipe pan clean and reserve.



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### Sear the Chicken

- Return pan used to cook vegetables to medium-high heat and add 1 tsp. **olive oil**.
- Add **chicken breasts** to hot pan and cook undisturbed until browned, 4-5 minutes.
- Transfer chicken, seared side up, to empty side of baking sheet.
- Reserve pan; no need to wipe clean.



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### Finish the Chicken and Vegetables

- Bake in hot oven until **vegetables** are tender and **chicken** reaches a minimum internal temperature of 165 degrees, 10-12 minutes.



5

### Make Sauce and Finish Dish

- When chicken and vegetables have 5 minutes remaining, return pan used to sear chicken to medium heat and add 1 tsp. **olive oil**. Add **garlic** and **thyme** to hot pan and cook until aromatic, 30-60 seconds.
- Add **cream** and **demi-glace** and stir constantly until slightly thickened, 1-2 minutes.
- Remove from burner and season with a pinch of **salt** and **pepper**.
- Plate dish as pictured on front of card, placing **chicken** on **sauce**. Bon appétit!