



In your box

- 2 Roma Tomatoes
- 1 Lemon
- ½ oz. Light Brown Sugar
- 16 oz. Bone-in Skin-On Chicken Breasts
- 1 oz. Shaved Parmesan
- 12 oz. Asparagus
- 1 tsp. Garlic Salt
- 1 Red Onion



Roasted Chicken & Tomato Jam

with Parmesan-topped asparagus and red onion

NUTRITION per serving—Calories: 448, Carbohydrates: 27g, Fat: 23g, Protein: 33g, Sodium: 1475mg.
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

① You will need

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

👑 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
- Ingredient(s) used more than once: **garlic salt**



1

Prepare the Ingredients

- Core **tomatoes** and cut into ¼" dice.
- Halve and peel **onion**. Slice halves into thin strips.
- Trim woody ends off **asparagus** and cut into 1" lengths.
- Halve and juice **lemon**.
- Pat **chicken breasts** dry, and season both sides with half the **garlic salt** (reserve remaining for vegetables) and a pinch of **pepper**.



2

Sear the Chicken

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **chicken breasts** to hot pan, skin side down, and sear undisturbed until golden brown, 2-3 minutes per side.
- *If using antibiotic-free chicken breasts, follow same instructions for searing chicken.*
- Transfer to one half of prepared baking sheet, skin side up. *Chicken will finish cooking in a later step.*
- Reserve pan; no need to wipe clean.



3

Finish Chicken and Cook Vegetables

- Roast **chicken breasts** in hot oven, 15 minutes.
- *If using antibiotic-free chicken breasts, place asparagus and onion on empty half of baking sheet. Toss with 2 tsp. olive oil, remaining garlic salt, and a pinch of pepper. Massage oil into vegetables and spread into a single layer. Roast in hot oven until until chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.*
- Remove from oven. Carefully place **asparagus** and **onion** on empty half of baking sheet. Toss with 2 tsp. **olive oil**, remaining **garlic salt**, and a pinch of **pepper**. Massage oil into vegetables and spread into a single layer.
- Roast again until chicken reaches a minimum internal temperature of 165 degrees and vegetables are tender, 9-13 minutes.
- While chicken and vegetables roast, make tomato jam.



4

Make the Tomato Jam

- After chicken and vegetables have roasted 15 minutes, return pan used to sear chicken to medium heat.
- Add **tomatoes**, **brown sugar**, and 2 tsp. **lemon juice** to hot pan and stir to combine.
- Bring to a simmer and stir occasionally, breaking up tomatoes with a spoon, until slightly thickened, 5-7 minutes.
- Remove from burner and season with ¼ tsp. **salt** and a pinch of **pepper**.



5

Finish the Dish

- Plate dish as pictured on front of card, placing **chicken** on **tomato jam** and garnishing **vegetables** with **Parmesan**. Bon appétit!