



NO ADDED GLUTEN

Seared Chicken Provençal

with Potatoes, Peppers & Spinach



30-40min



2 Servings

Rosemary is an aromatic herb originating in the Mediterranean. Unlike delicate, leafy herbs, rosemary holds up well when cooking at higher temperatures or when added to stews, soups, and sauces, because of its woody stem and hearty pine-like needles. It is a traditional ingredient in Provençal-style dishes and adds a robust flavor to tender seared chicken breasts, roasted sweet peppers, and re...

What we send

- boneless, skinless chicken breasts
- red potatoes
- mini sweet peppers
- shallot
- garlic
- baby spinach
- fresh rosemary
- chicken broth concentrate

What you need

- kosher salt & ground pepper
- olive oil

Tools

- skillet
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

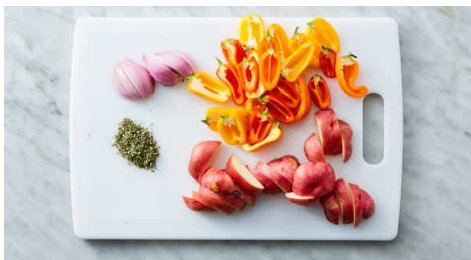
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

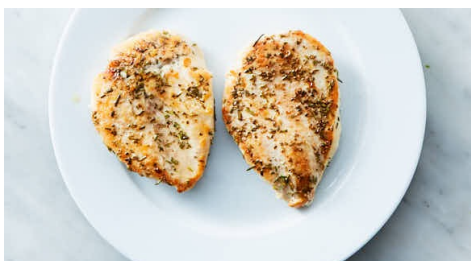
Nutrition per serving

Calories 700.0kcal, Fat 33.0g, Proteins 40.0g, Carbs 60.0g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Scrub **potatoes**, then halve lengthwise and slice crosswise into ½-inch thick half-moons. Halve **peppers** lengthwise through the stem end. Peel and cut **shallot** into ½-inch thick wedges. Finely chop **2 teaspoons rosemary leaves**, keeping remaining **sprigs** whole.



4. Cook chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** to skillet and cook until golden-brown and cooked through, 3-4 minutes per side. Transfer chicken to a plate.



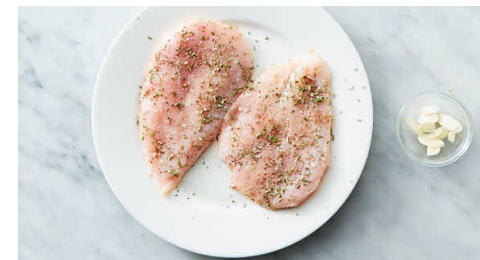
2. Roast vegetables

On a rimmed baking sheet, toss **potatoes, peppers, shallots**, and **whole rosemary sprigs** with **2 tablespoons oil**; season with **salt** and **several grinds of pepper**. Roast on upper oven rack, without stirring, until veggies are tender and potatoes are golden-brown, about 25 minutes.



5. Make sauce

Immediately add **1 teaspoon oil** and **garlic** to skillet and cook, stirring, until lightly brown, about 30 seconds. Add **broth concentrate** and **½ cup water**, and stir, scraping up any browned bits. Bring to a simmer and cook until slightly thickened and reduced to ¼ cup, about 3 minutes. Stir in **1 tablespoon butter**. Season to taste with **salt** and **pepper**.



3. Prep chicken

Pat **chicken** dry and season all over with **salt** and **a few grinds pepper**. Sprinkle all over with **chopped rosemary**, pressing gently to help adhere. Peel and thinly slice **1 large garlic clove**.



6. Finish & serve

Remove and discard **rosemary sprigs** from baking sheet, and top **veggies** with **spinach**. Return baking sheet to oven and roast until spinach is just wilted, 1-2 minutes more. Out of the oven, toss veggies to combine. Serve **veggies** alongside **chicken**, with **sauce** spooned over top. Enjoy!