



Seared Chicken Provençal

with Potatoes, Peppers & Spinach

 30-40min  4 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

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

What you need

- kosher salt & ground pepper
- olive oil

Tools

- rimmed baking sheet
- skillet

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.

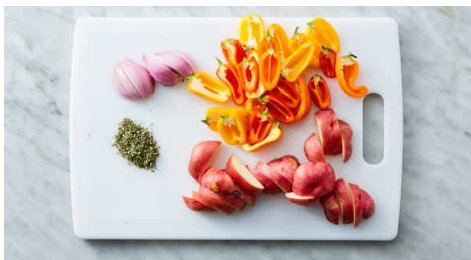
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

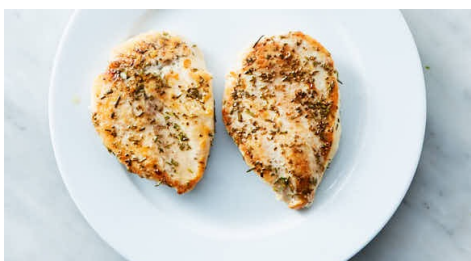
Nutrition per serving

Calories 650.0kcal, Fat 29.0g, Proteins 40.0g, Carbs 58.0g



1. Prep ingredients

Preheat oven to 450°F with racks in the upper and lower thirds. Scrub **potatoes**, then halve lengthwise and slice crosswise into ½-inch thick half-moons. Halve **peppers** lengthwise through the stem end. Peel and cut **shallots** into ½-inch thick wedges. Finely chop **1 tablespoon rosemary leaves**, keeping **remaining sprigs** whole.



4. Cook chicken

Heat **2 tablespoons oil** in a large 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.



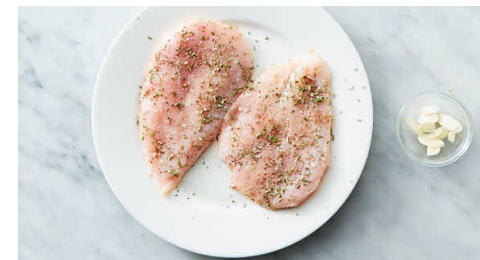
2. Roast vegetables

On a rimmed baking sheet, toss **potatoes, peppers, shallots**, and **whole rosemary sprigs** with **¼ cup oil**; season with **salt** and **several grinds of pepper**. Divide veggies between two rimmed baking sheets. Roast on upper and lower oven racks, without stirring, until veggies are tender and potatoes are golden-brown, shifting halfway through, 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 **¾ cup water** and stir, scraping up any browned bits. Bring to a simmer and cook until slightly thickened and reduced to ½ 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 **1 teaspoon salt** and **a few grinds of pepper**. Sprinkle all over with **chopped rosemary**, pressing gently to help adhere. Peel and thinly slice **2 large garlic cloves**.



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!