



OVEN-ROASTED CHICKEN

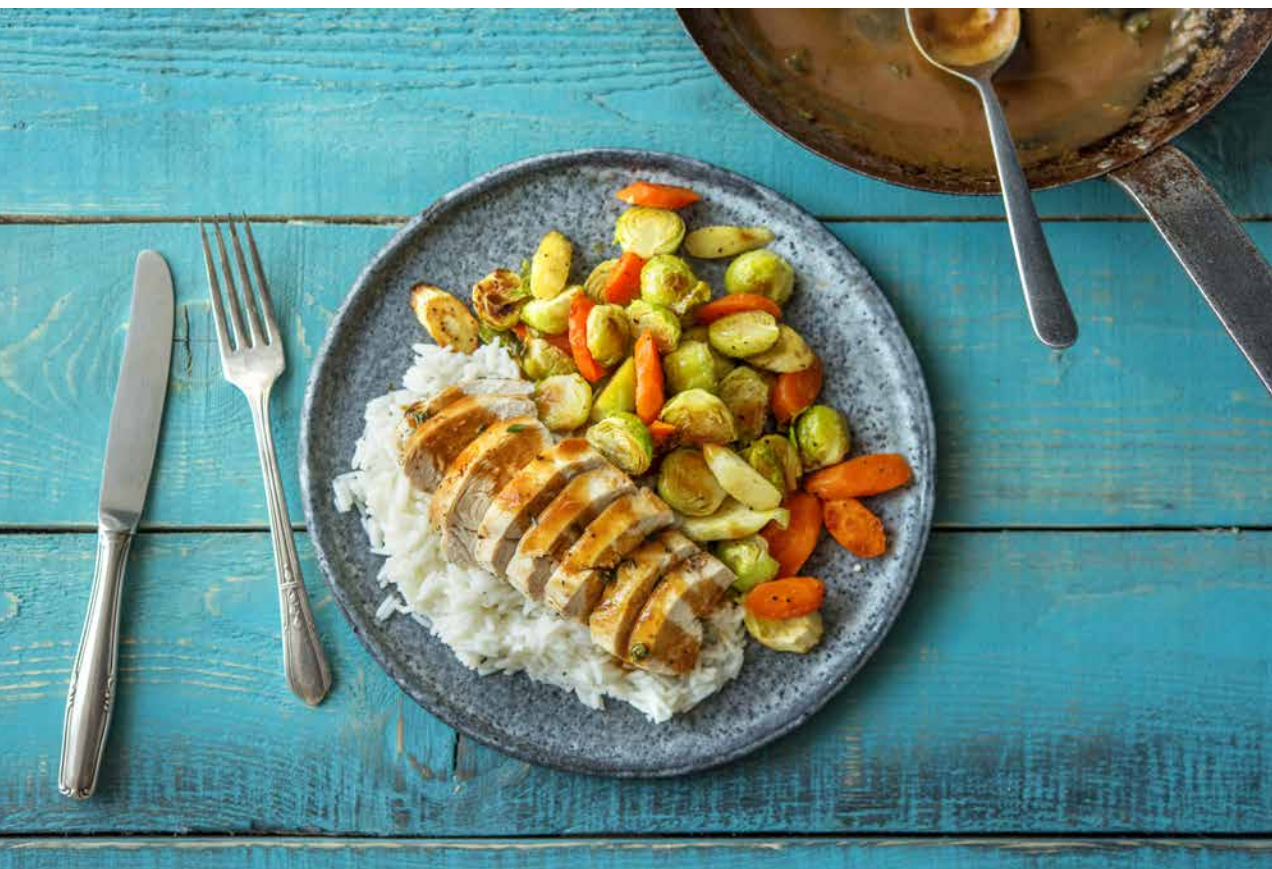
with Winter Veggies and Lemon-Thyme Sauce

PREP: 10 MIN
TOTAL: 35 MIN

LEVEL 1

NUT FREE

GLUTEN FREE



INGREDIENTS:

- Brussels Sprouts
- Carrot
- Parsnip
- Thyme
- Lemon
- Basmati Rice
- Chicken Breasts
- Chicken Demi-Glaze (Contains: Milk)

FOR 2 PEOPLE:

8 oz
1
1
¼ oz
1
½ Cup
12 oz
1

FOR 4 PEOPLE:

16 oz
2
2
¼ oz
1
1 Cup
24 oz
2

HELLO

PARSNIP

A humble root that's rich in vitamin C

NUTRITION PER SERVING

672 cal | Fat: 18 g | Sat. Fat: 6 g | Protein: 51 g | Carbs: 84 g | Sugar: 15 g | Sodium: 562 mg | Fiber: 14 g

START STRONG

When making the sauce, give the surface of the pan a good scrape with a wooden spoon or spatula after you've added the liquids. It will help loosen up any tasty browned bits left behind by the chicken.



BUST OUT

- Small pot
- 2 Baking sheets
- Olive oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP) (Contains: Milk)
- Peeler
- Large pan



1 PREHEAT AND PREP

Wash and dry all produce.

Preheat oven to 400 degrees. Trim and halve **Brussels sprouts** lengthwise. Peel and cut **carrot** and **parsnip** into ¼-inch slices on a diagonal. Strip **thyme** off stems and discard stems. Halve **lemon**. Bring **1 cup water** and a pinch of **salt** to a boil in a small pot.

2 ROAST VEGGIES

Toss **Brussels sprouts**, **carrot**, and **parsnip** on a baking sheet with half the **thyme**, a drizzle of **olive oil**, and a pinch of **salt** and **pepper**. Roast until lightly browned, 20-25 minutes. Toss halfway through.

3 COOK RICE

Add **rice** to boiling water, cover, and reduce to a simmer. Cook until tender, 15-20 minutes.



4 COOK CHICKEN

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Season **chicken** all over with **salt** and **pepper**. Add to pan and cook until browned, 2-3 minutes per side. Transfer chicken to another baking sheet and roast until juices run clear when pierced with a knife, 5-10 minutes. Set aside to rest 5 minutes.

5 MAKE PAN SAUCE

Heat a drizzle of **olive oil** in same pan over medium heat. Stir in **chicken demi-glace**, remaining **thyme**, and ½ **cup water**. Simmer until thickened and reduced by half, 2-3 minutes. Remove pan from heat and stir in a squeeze of **lemon** and ½ **TBSP butter**. Season with **salt** and **pepper**.

6 FINISH AND PLATE

Thinly slice **chicken**. Fluff **rice** with a fork and toss with ½ **TBSP butter**. Serve chicken on a bed of rice with **veggies**. Drizzle with pan sauce.

HURRAH!

Three cheers for a trio of healthy, hearty winter veg.

