



# HERBY BUTTER-BASTED CHICKEN

with Peppery Potato Mash and Crispy Carrots

PREP: 10 MIN  
TOTAL: 35 MIN

LEVEL 1

NUT FREE

GLUTEN FREE



## INGREDIENTS:

- Garlic
- Carrots
- Russet Potatoes
- Chicken Breasts
- Thyme
- Chicken Demi-Glace (Contains: Milk)
- Reduced-Fat Milk (Contains: Milk)
- Parmesan Cheese (Contains: Milk)

## FOR 2 PEOPLE:

- 2 Cloves
- 2
- 12 oz
- 12 oz
- ¼ oz
- 1
- ⅓ Cup
- ¼ Cup

## FOR 4 PEOPLE:

- 4 Cloves
- 4
- 24 oz
- 24 oz
- ¼ oz
- 2
- ⅔ Cup
- ½ Cup

## HELLO

### CACIO E PEPE

Italian for “cheese and pepper,” a powerhouse combo

## NUTRITION PER SERVING

672 cal | Fat: 26 g | Sat. Fat: 13 g | Protein: 54 g | Carbs: 59 g | Sugar: 14 g | Sodium: 710 mg | Fiber: 8 g

## START STRONG

If you're short on time, skip peeling the carrots. Just be sure to give them a good, tough scrub. For a restaurant-worthy presentation, try cutting "on a bias" (diagonal).



## BUST OUT

- Peeler
- Medium pot
- Potato masher
- Olive oil (2 tsp | 4 tsp)
- Butter (2 TBSP | 4 TBSP)  
(Contains: Milk)
- Baking sheet
- Large pan
- Strainer



### 1 PREHEAT OVEN AND ROAST CARROTS

#### Wash and dry all produce.

Preheat oven to 400 degrees. Mince **1 clove garlic**. Smash remaining **clove**. Peel and cut **carrots** into ½-inch coins, then toss on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast until softened, about 25 minutes, turning once halfway through.



### 2 PREP AND BOIL POTATOES

Peel and cut **potatoes** into ¾-inch cubes. Place **potatoes** in a medium pot with a pinch of **salt** and enough water to cover. Bring to a boil, then reduce to a simmer until easily pierced with a fork, 10-12 minutes. Drain.



### 3 COOK CHICKEN

Heat a drizzle of **olive oil** in a large pan over medium heat. Season **chicken** on all sides with **salt** and **pepper**. Add to pan and sear until golden brown and almost cooked through, 4-5 minutes per side.

### 4 BASTE CHICKEN AND MAKE GLAZE

Add **1 TBSP butter**, smashed **garlic**, and **thyme sprigs** to pan. Once **butter** melts, tilt pan towards you and repeatedly spoon infused **butter** over **chicken** for about 30 seconds. Add **demi-glaze** and ½ **cup water**, and increase heat to high. Stir to combine, then reduce until thick. Spoon glaze over **chicken**. Remove from pan and set aside to rest.

### 5 MASH POTATOES

Heat **1 TBSP butter** and minced **garlic** in same medium pot over low heat. Cook until fragrant, about 90 seconds. Return **potatoes** to pot along with ⅓ **cup milk**. Mash with potato masher or fork until smooth. Mash in **Parmesan cheese**, and season with **salt** and lots of **pepper**.

### 6 PLATE

Serve **chicken** on a bed of **mashed potatoes** and **carrots**. Drizzle with any remaining glaze. **TIP:** If glaze has become too thick, add a splash of water and stir to loosen.

## TRIFECTA!

Balanced, beautiful, and delicious. What more could you ask for?

