



CRISPY-SKINNED PESTO CHICKEN

with Thyme-Roasted Parsnips and Zucchini Ribbons

PRONTO



HELLO THYME

These little leaves add both aroma and flavour to your dish

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 732



Chicken Breasts, skin-on, boneless



Lemon



Shallot



Thyme



Basil Pesto



Parsnip, chopped



Zucchini



Garlic

BUST OUT

- 2 Baking Sheets
- Zester
- Medium Bowl
- Large Non-Stick Pan
- Measuring Spoons
- Garlic Press
- Vegetable Peeler
- Butter **2**
(1 tbsp | 2 tbsp)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

• Chicken Breasts, skin-on, boneless	340 g		680 g
• Lemon	1		1
• Shallot	25 g		50 g
• Thyme	10 g		10 g
• Basil Pesto 2,5	35 g		70 g
• Parsnip, chopped	340 g		680 g
• Zucchini	227 g		454 g
• Garlic	10 g		10 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

0 Seafood/Fruit de Mer	5 Tree Nut/Noix
1 Wheat/Blé	6 Mustard/Moutarde
2 Milk/Lait	7 Peanut/Cacahuète
3 Egg/Oeuf	8 Sesame/Sésame
4 Soy/Soja	9 Sulphites/Sulfites

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 165°F.



START STRONG

Preheat the oven to **400°F** (to roast the chicken and parsnips). Start prepping when the oven comes up to temperature!



1 PREP AND ROAST PARSNIPS

Wash and dry all produce.* Strip **1 tbsp thyme leaves** (double for 4 ppl) off the sprigs. On a baking sheet, toss the **parsnips** and thyme with a drizzle of **oil**. Season with **salt and pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 20-23 min.



4 COOK ZUCCHINI RIBBONS

Meanwhile, mince or grate the **garlic**. Using a vegetable peeler, peel the **zucchini** lengthwise into long ribbons. Peel and thinly slice the **shallot(s)** into ¼-inch strips. Heat the same pan over medium heat. Add a drizzle of **oil**, then shallot. Cook until shallot softens, 3-4 min. Add the **zucchini ribbons** and **remaining lemon zest**. Cook, stirring often, until ribbons are tender, 2-3 min.



2 PREP AND COOK CHICKEN

Meanwhile, zest, then cut the **lemon** into wedges. In a medium bowl, combine **half the pesto**, **half the lemon zest** and a drizzle of **oil**. Season with **salt and pepper**. Add the **chicken** and coat all over. Heat a large non-stick pan over high heat. Add the chicken, skin side down. Cook until skin is golden-brown, 2-3 min.



5 FINISH PARSNIPS

Remove the **zucchini** from the heat and stir in the **remaining pesto**. Season with **salt and pepper**. On the baking sheet with the **roasted parsnips**, toss the parsnips with **1 tbsp butter** (double for 4 ppl) and **garlic**. Season with **salt and pepper**.



3 COOK CHICKEN

Transfer the **chicken**, skin side up, to a parchment-lined baking sheet. Roast in the centre of the oven until the chicken is cooked through, 14-15 min. (**TIP:** Cook each piece to a minimal internal temp. of 165°F, as size may vary.**)



6 FINISH AND SERVE

Divide the **pesto chicken**, **roasted parsnips** and **zucchini ribbons** between plates. Squeeze over a **lemon wedge**, if desired.

BUTTERY!

Tossing the parsnips in butter at the end makes them irresistible!