



GARLIC ROSEMARY CHICKEN

with Roasted Root Veggies

WHAT WE SEND (2 servings | 4 servings)

❄️ Keep refrigerated.

Chicken is fully cooked when internal temperature reaches 165 degrees.



Carrots *
(6 oz | 12 oz)



Sweet Potato *
(1 | 2)



Yukon Gold Potatoes *
(5 | 10)



Rosemary *
(1 | 1)



Red Onion
(1 | 2)



Chicken Breasts *
(1 | 2)



Garlic
(2 Cloves | 4 Cloves)



Chicken Stock Concentrate
(1 | 2)

WHAT YOU'LL NEED

Vegetable Oil
(2 TBSP | 4 TBSP)

Flour
(1 TBSP | 2 TBSP)
Contains wheat

Butter
(1 TBSP | 2 TBSP)
Contains milk

CHEF'S TIP

Why are we always telling you to pat your meat dry? Well, since you asked, drying protein with paper towels ensures even browning rather than steaming. Crispy, caramelized edges = major flavor!



1. Preheat oven to 450 degrees. **Wash and dry all produce.** Peel and cut **carrots** on a diagonal into $\frac{3}{4}$ -inch-thick pieces. Medium dice **sweet potato** and **Yukon Gold potatoes** into $\frac{1}{2}$ -inch pieces. Leaving remaining sprigs whole, strip half the **rosemary** leaves from stems; finely chop leaves until you have $1\frac{1}{2}$ tsp (**1 TBSP for 4 servings**).



2. Toss **carrots**, **sweet potato**, and **Yukon Gold potatoes** on a baking sheet with **1 tsp chopped rosemary** (**2 tsp for 4 servings**), a **large drizzle of oil**, and a pinch of **salt** and **pepper**. (**For 4, divide veggies between 2 baking sheets.**) Roast until slightly softened, about 15 minutes (**we'll add the onion then**).



3. While veggies roast, halve, peel, and thinly slice **onion**. Finely chop a few of the slices until you have $\frac{1}{4}$ cup (**$\frac{1}{2}$ cup for 4 servings**). Peel and finely chop **garlic**.



4. Pat **chicken** dry with paper towels; season with **salt** and **pepper**. Sprinkle all over with **1 TBSP flour** (**2 TBSP for 4 servings**). Heat a **large drizzle of oil** in a large pan over medium-high heat. Add chicken and cook until browned and cooked through, 4-5 minutes per side. Turn off heat; transfer to a plate and set aside.



5. In a small bowl, combine **sliced onion**, a **drizzle of oil**, and a pinch of **salt** and **pepper**. Once **veggies** have roasted for 15 minutes, remove from oven. Top with seasoned onion, then return to oven until everything is browned and tender, 12-15 minutes more.



6. Meanwhile, heat a **drizzle of oil** in pan used for chicken over medium-high heat. Add **garlic**, **chopped onion**, **remaining chopped rosemary**, **salt**, and **pepper**. Cook, stirring, until softened, 2-3 minutes. Add **stock concentrate** and $\frac{1}{4}$ cup **water** (**$\frac{1}{3}$ cup for 4 servings**). Simmer until thickened, about 3 minutes. Remove from heat; swirl in **1 TBSP butter** (**2 TBSP for 4**). Thinly slice **chicken**; divide between plates with **roasted veggies**. Top chicken with pan sauce.

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