



Seared Chicken Provençal

with Potatoes, Sweet Peppers & Spinach



30-40min



2 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's a traditional ingredient in Provençal-style dishes and adds a robust flavor to tender seared chicken breasts, roasted sweet peppers, and roasted potatoes.

What we send

- 8 oz baby potatoes
- ½ lb mini sweet peppers
- 1 shallot
- ¼ oz fresh rosemary
- 12 oz pkg boneless, skinless chicken breasts
- garlic
- 1 pkt chicken broth concentrate
- 5 oz baby spinach

What you need

- olive oil
- kosher salt & ground pepper
- butter ⁷

Tools

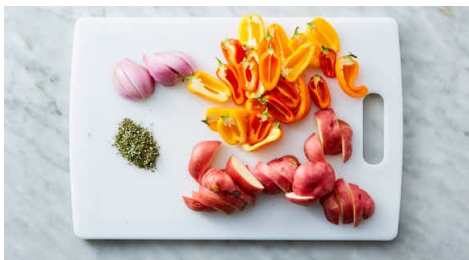
- rimmed baking sheet
- medium skillet

Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

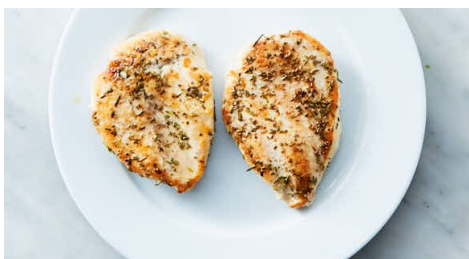
Calories 580kcal, Fat 29g, Carbs 40g, Protein 46g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third.

Scrub **potatoes**, then halve. Halve **peppers** lengthwise through stem end. Cut **shallot** into ½-inch thick wedges. Finely chop **2 teaspoons rosemary leaves**, keeping **remaining sprigs** whole.



4. Cook chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** and cook until golden-brown and cooked through, 3-4 minutes per side. Transfer to a plate.



2. Roast vegetables

On a rimmed baking sheet, toss **potatoes, peppers, shallots**, and **whole rosemary sprigs** with **2 tablespoons oil**; season with **salt** and **several grinds of pepper**.

Roast on upper oven rack, without stirring, until peppers are tender and potatoes are golden-brown, about 25 minutes.



5. Make sauce

To same skillet, add **1 teaspoon oil** and **sliced garlic**; cook, stirring, until lightly brown, about 30 seconds. Add **broth concentrate** and **½ cup water**; stir and scrape up any browned bits from bottom of skillet. Bring to a simmer and cook until slightly thickened and reduced to ¼ 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 **salt** and **a few grinds of pepper**. Sprinkle all over with **chopped rosemary**, gently pressing to help adhere.

Thinly slice **1 large garlic clove**.



6. Finish & serve

Discard **rosemary sprigs** from baking sheet and top **veggies** with **spinach**. Return to upper oven rack and roast until spinach is just wilted, 1-2 minutes more. Toss veggies to combine.

Serve **chicken provençal** with **veggies** and **sauce** spooned over top. Enjoy!