




Bastille Day Chicken Frites

with Arugula Salad

 40-50min  2 Servings

Steak Frites! This quintessential French meal is the perfect way to celebrate the Gallic holiday without jetting off to France. We sear chicken breasts and pair them with extra crispy fries and an arugula salad dressed with Dijon vinaigrette. Garlic and thyme infuse a pan sauce with classic bistro flavors that coat the tender steaks. Uncork your favorite red wine and celebrate le jour de fête!

What we send

- 2 potatoes
- 1 shallot
- garlic
- 1 lemon
- 1 pkt chicken broth concentrate
- ¼ oz fresh thyme
- 1 pkt Dijon mustard ¹⁷
- 3 oz arugula
- 12 oz pkg boneless, skinless chicken breasts

What you need

- all-purpose flour (or gluten-free alternative)
- olive oil
- kosher salt & ground pepper
- butter ⁷

Tools

- rimmed baking sheet
- medium skillet

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 780kcal, Fat 43g, Carbs 54g, Protein 47g



1. Bake fries

Preheat oven to 450°F with a rack in the lower third. Scrub **potatoes**; cut into ¼-inch thick fries. Toss on a rimmed baking sheet with **2 teaspoons flour** and **2 tablespoons oil**; season with **salt** and **pepper**.

Bake on lower oven rack, 15-20 minutes. Flip fries and cook until tender and deeply browned on the bottom, 5-10 minutes more.



4. Make sauce

Add **1 tablespoon butter** and **garlic**; cook, stirring, until fragrant, about 30 seconds. Add **broth concentrate**, **a few thyme sprigs**, and **¼ cup water**. Reduce by half, about 1 minute. Season to taste with **salt** and **pepper** (add 1 more tablespoon butter, if desired). Keep over low heat until step 6, thinning with **1 teaspoon water** at a time if sauce reduces too much.



2. Prep ingredients

Meanwhile, halve and thinly slice **¼ cup shallot** (save rest for own use). Finely chop **1 teaspoon garlic**. Squeeze **4 teaspoons lemon juice** into a small bowl.

In a large bowl, toss shallots with 1 teaspoon of the lemon juice. Set aside until step 5.



5. Make salad

To bowl with **shallots and lemon**, whisk in **Dijon mustard**, **remaining lemon juice**, and **3 tablespoons oil**; season with **salt** and **pepper**. Add **arugula** and toss to coat.

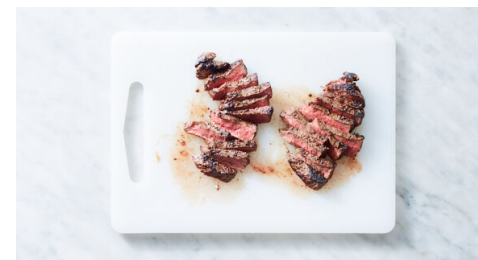


3. CHICKEN VARIATION

Pat **chicken** dry; season with **salt** and a **generous pinch of pepper**.

Once **fries** are flipped, heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until well browned and cooked through, 3-4 minutes per side. Transfer to a cutting board to rest, 5 minutes.

Reduce skillet heat to medium.



6. Finish & serve

Season **fries** with **salt** immediately out of the oven.

Slice **chicken** and serve with **fries** and **salad** alongside. Spoon **pan sauce** over **chicken**. Enjoy!