



Butter Basted Chicken Breast

with Parmesan Roasted Vegetables & Herb Aioli

 20-30min  2 Servings

Butter basting is a simple technique that will make you a hero in the kitchen. Here, we start with lean chicken breasts searing in a hot skillet. Just before they're done cooking, we add crushed garlic, a dollop of butter, and a splash of vinegar. The butter melts, and the combined pan juices are continuously spooned over the meat, infusing it with mouth-watering flavor.

What we send

- 1 yellow squash
- ½ lb green beans
- ¾ oz Parmesan ²
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz steak seasoning
- garlic
- ¼ oz fresh parsley
- 2 (1 oz) mayonnaise ^{1,3}

What you need

- olive oil
- kosher salt & ground pepper
- butter ²
- apple cider vinegar (or red wine vinegar)

Tools

- microplane or grater
- rimmed baking sheet
- medium heavy skillet (preferably cast-iron)

Allergens

Egg (1), Milk (2), Soy (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 710kcal, Fat 54g, Carbs 13g, Protein 46g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Trim ends from **squash**; cut in half crosswise, then cut each half into ½-inch strips. Trim **green beans**. Finely grate **Parmesan**. Pat **chicken** dry, then season all over with **1 ½ teaspoons steak seasoning**. Finely grate **¼ teaspoon garlic** into a small bowl and, separately, smash 1 large garlic clove.



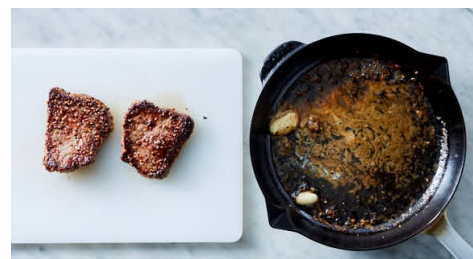
4. Make aioli

While **chicken** cooks, pick and finely chop **parsley leaves**, discarding stems. To the small bowl with **grated garlic**, add **mayonnaise** and **1 teaspoon of the chopped parsley**; stir to combine. Season to taste with **salt and pepper**.



2. Roast vegetables

On a rimmed baking sheet, toss **squash** and **green beans** with **1 ½ tablespoons oil**; season with **salt and pepper**. Spread out in an even layer, then sprinkle **Parmesan** all over vegetables. Roast on upper oven rack until vegetables are tender, 10-12 minutes.



5. Baste chicken

Add **smashed garlic**, **2 tablespoons butter**, and **1 tablespoon vinegar** to skillet with **chicken** and stir until melted. Tilt skillet toward you so **butter** pools at the edge. Using a large spoon, baste the chicken continually with **butter** until they turn deep golden brown, about 1 minute more. Transfer chicken to a cutting board to rest.



3. CHICKEN VARIATION

While **vegetables** roast, heat **2 teaspoons oil** in a heavy medium skillet (preferably cast-iron) over medium-high. Add **chicken** and cook until lightly charred and cooked through, 3-4 minutes per side.



6. Finish vegetables & serve

Switch oven to broil and broil **vegetables** until browned in spots, 1-2 minutes (watch closely as broilers vary). Thinly slice **chicken**, if desired, and drizzle all over with **pan drippings**. Serve **chicken** alongside **Parmesan vegetables** with **aioli** on the side for dipping. Garnish with **remaining parsley**. Enjoy!