



Easy Prep! Tuscan Chicken Breast

with Herby Tomato Confit



30-40min



2 Servings

Jet-set to Tuscany with only one skillet! We season lean chicken with our herby Tuscan spice blend, then sear for a crisp exterior. The chicken finishes in the oven with onions and tomatoes that roast in oil, herbs, and chicken fat, giving you a jammy consistency bursting with flavor. Fresh rosemary provides a woodsy aroma sure to make your mouth water. Don't forget the garlic toast for soaking up all the delicious pan juices.

What we send

- 1 yellow onion
- garlic
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz Tuscan spice blend
- 1 pkg grape tomatoes
- ¼ oz fresh rosemary
- 3 oz baby spinach
- 2 mini French rolls ¹

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium ovenproof skillet

Allergens

Wheat (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 560kcal, Fat 23g, Carbs 43g, Protein 47g



1. Prep ingredients

Preheat oven to 425°F with racks in the center and top positions.

Halve and thinly slice **onion**. Finely chop **1 teaspoon garlic** and smash **1 whole garlic clove**.

Pat **chicken** dry and season all over with **Tuscan spice blend** and a **pinch each of salt and pepper**.



4. Finish confit

When **chicken** is cooked through, remove skillet from oven and transfer chicken to a cutting board to rest. Stir **spinach** into **tomato mixture** until wilted; season to taste with **salt** and **pepper**.

Switch oven to broil.



2. Sear chicken

Heat **1 tablespoon oil** in a medium ovenproof skillet over high heat. Add **chicken** and sear until well browned on both sides, 1-2 minutes per side; transfer to a plate (chicken will not be cooked through). Reduce heat to medium.



5. Make garlic bread

Halve **rolls** lengthwise, then generously drizzle cut sides with **oil**. Broil directly on upper oven rack until golden brown on both sides, 1-2 minutes per side (watch closely). Rub cut sides of bread with **smashed garlic clove**. Season with **salt**.



3. Start confit & roast

Heat **2 tablespoons oil** in skillet. Add **onions** and a **pinch of salt**; cook, stirring, until softened, about 5 minutes. Add **tomatoes, chopped garlic**, and **1-2 sprigs rosemary**; cook, stirring, until tomatoes begin to soften, 5 minutes. Return **chicken** to skillet and transfer to oven. Roast until veggies are jammy and chicken is cooked through to 165°F internally, 12-15 minutes.



6. Serve

Slice **chicken** and serve with **tomato confit** and **garlic toast**. Enjoy!