



Butterflied Chicken & Roasted Veggies

with Savory Pan Sauce



30-40min



2 Servings

These chicken cutlets are what dreams are made of! We pound the butterflied (cut lengthwise and opened like a book) cutlets thin and sear them for a golden brown crust, all while sweet carrots, shallots, and Brussels sprouts brown in the oven. We top this bountiful plate with a savory pan sauce—it's hard to beat!

What we send

- 12 oz pkg boneless, skinless chicken breasts
- ½ lb Brussels sprouts
- 2 carrots
- 1 shallot
- ¼ oz fresh parsley
- 1 pkt chicken broth concentrate

What you need

- olive oil
- kosher salt & ground pepper
- sugar
- apple cider vinegar (or white wine vinegar)
- butter ⁷
- all-purpose flour (or gluten-free alternative)

Tools

- meat mallet (or heavy skillet)
- rimmed baking sheet
- large skillet

Cooking tip

Keep the butter cold until ready to whisk it into the pan sauce in step 6. This will guarantee a velvety sauce!

Allergens

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

Nutrition per serving

Calories 560kcal, Fat 27g, Carbs 39g, Protein 47g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Prep chicken

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

Pat **chicken** dry, then cut each piece of chicken lengthwise, stopping halfway through. Open up like a book and place between sheets of plastic wrap. Use a meat mallet or heavy skillet to pound each to until to an even ¼-inch thickness.



4. Season chicken

Meanwhile, place **¼ cup flour** in a shallow bowl; season with **a pinch each of salt and pepper**. Season each piece of **chicken** all over with **salt and pepper**, then dredge in flour, shaking off any excess.



2. Prep veggies

Trim and remove any outer leaves from **Brussels sprouts**, then halve lengthwise (or quarter, if large). Scrub **carrots**, then cut into ¼-inch thick slices on an angle. Finely chop **1½ tablespoons shallot**; quarter remaining shallot lengthwise. Finely chop **parsley leaves and stems**.



5. Brown chicken

Heat **1 tablespoon oil** in a large skillet over medium-high until shimmering. Add **chicken**, and cook, turning once, until cooked through and browned on each side, 7-8 minutes total. Transfer chicken to a plate.



3. Roast veggies, prep broth

On a rimmed baking sheet, toss **Brussels sprouts, carrots, quartered shallots**, and **2 tablespoons oil**; season with **salt and pepper**. Roast on upper oven rack until veggies are tender and browned in spots, 16-18 minutes. Add **chopped parsley** to baking sheet; stir to combine.

Whisk to combine **broth concentrate** and **¾ cup water** in a small bowl; set aside until step 6.



6. Make pan sauce & serve

Add **chopped shallots** and **½ teaspoon sugar** to same skillet; cook until softened, 1-2 minutes. Add **2 tablespoons vinegar**; cook, scraping up browned bits, 30 seconds. Add **broth**, and cook until reduced by half, about 6 minutes. Off heat, whisk in **½ tablespoon cold butter**. Season to taste with **salt and pepper**. Spoon **sauce** over **chicken** and **veggies**. Enjoy!