



## Garlic-Herb Chicken Breast

with Roasted Potatoes & Gravy



30-40min



2 Servings

We've taken a delectable chicken breast and slathered it in a flavorful garlic-herb paste. The meat and veggies roast at the same time, leaving plenty of time to whip up a savory gravy. Bonus: no peeling required in this dish, cutting down on the prep!



## What we send

- 2 potatoes
- 1 lb carrots
- garlic
- ¼ oz fresh chives
- 1 pkt chicken broth concentrate
- ¼ oz Dijon mustard
- 12 oz pkg boneless, skinless chicken breasts

## What you need

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

## Tools

- microplane or grater
- rimmed baking sheet
- small saucepan

## Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 640kcal, Fat 21g, Carbs 68g, Protein 47g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the top position. Scrub **potatoes**, then cut lengthwise into ½-inch thick wedges. Scrub and **half of the carrots** (save rest for own use), then cut lengthwise into ½-inch thick sticks. Finely grate **½ teaspoon garlic**. Finely chop **chives**.

In a liquid measuring cup, combine **chicken broth concentrate**, **¾ cup water**, and **1½ teaspoons vinegar**.



### 4. Roast chicken & veggies

Roast **chicken** and **vegetables** on top oven rack until chicken is cooked through and reaches 165°F internally, 12-15 minutes. Transfer chicken to a cutting board and let rest for 5-10 minutes. Keep vegetables on baking sheet.



### 2. Season vegetables

On a rimmed baking sheet, toss **carrots** and **potatoes** with **1 tablespoon oil**; season with **salt** and **pepper**.



### 5. Make gravy

Heat **1 tablespoon oil** in a small saucepan over medium. Add **1 tablespoon flour** and cook, stirring, until flour is golden, 1-2 minutes. Slowly whisk in **prepared chicken broth**; bring to a simmer.

Cook, stirring occasionally, until gravy is thick enough to coat the back of a spoon, about 5 minutes. Stir in **remaining Dijon mustard**; season to taste with **salt** and **pepper**.



### 3. Make paste, prep chicken

In a small bowl, combine **grated garlic**, **half of the chopped chives**, **1 tablespoon oil**, and **1 teaspoon Dijon mustard**; season **herb paste** with **salt** and **pepper**.

Pat **chicken** dry and season all over with **salt** and **pepper**. Spread herb paste over the top of each piece of chicken. Place on baking sheet with **vegetables**.



### 6. Broil vegetables & serve

Switch oven to broil. Broil **vegetables** on top oven rack until tender and charred in spots, 2-5 minutes (watch closely as broilers vary). Slice **chicken** and stir **any resting juices** into **gravy**.

Serve **chicken** with **vegetables** alongside and **gravy** for drizzling over. Garnish with **remaining chives**. Enjoy!