



Pan-Roasted Chicken & Sweet Potato Fries

with Caesar Wedge Salad & Pan Sauce



40min



2 Servings

Nothing beats a classic chicken and potato dinner, particularly when it comes to crunchy fries! Pro tip: We preheat the baking sheet in the oven, which helps evaporate liquid for perfect browning and caramelization. This method is especially great for oven fries, so the bottoms start to brown and crisp instead of steam.

What we send

- 2 sweet potatoes
- 1 romaine heart
- 1 shallot
- ¾ oz Parmesan ¹
- 2 oz Caesar dressing ^{2,3,1,4}
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz Italian seasoning

What you need

- kosher salt & ground pepper
- neutral oil
- butter ¹
- white wine vinegar (or apple cider vinegar)

Tools

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

Allergens

Milk (1), Egg (2), Fish (3), Soy (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 890kcal, Fat 38g, Carbs 71g, Protein 51g

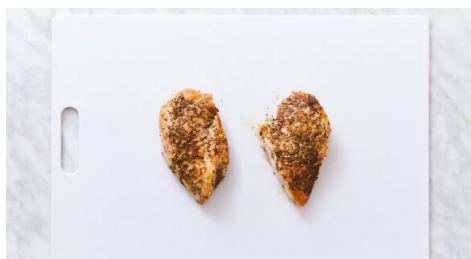


THIS IS A CUSTOMIZED RECIPE STEP

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

1. Prep sweet potatoes

Preheat oven to 450°F with a rimmed baking sheet placed on the rack in the upper third. Scrub **sweet potatoes**, then cut lengthwise into ¼-inch thick wedges. Place potatoes in a medium pot with enough **salted water** to cover by 1 inch. Cover and bring to a boil. Uncover and cook until barely tender, 5-8 minutes. Drain and return potatoes to pot off heat.



4. Cook chicken

Pat **chicken** dry, then season all over with **salt, pepper**, and **2 teaspoons Italian seasoning**. Heat **1 tablespoon oil** in a medium heavy skillet (preferably cast-iron) 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.



2. Roast sweet potatoes

Toss **cooked potatoes** in pot with **2 tablespoons oil** and **a generous pinch each of salt and pepper**. Carefully spread into a single layer on preheated baking sheet. Roast on upper oven rack until fries are golden brown and crisp, about 25 minutes, flipping potatoes the last 5 minutes.



5. Make pan sauce

Add **chopped shallots** to same skillet and cook over medium heat, scraping up any browned bits from the bottom, until lightly browned, 1-2 minutes. Add **2 tablespoons butter** and **1 tablespoon each of water and vinegar**. Cook, whisking, until sauce is emulsified and coats the back of a spoon, 1-2 minutes. Immediately, remove from heat. Season to taste with **salt** and **pepper**.



3. Prep ingredients

Halve **romaine** lengthwise, then cut crosswise into 6 wedges; discard stem end. Finely chop **shallot**. Finely grate **Parmesan**. In a medium bowl, stir to combine **Caesar dressing** and **all but 1 tablespoon of the Parmesan**. Reserve for step 6.



6. Finish & serve

Thinly slice **chicken**, if desired. Serve **chicken** with **sweet potato fries** and **wedge salad** alongside. Spoon **pan sauce** over chicken. Drizzle **Caesar dressing** over **romaine wedges**, then sprinkle with **remaining Parmesan**. Enjoy!