



Butter-Basted Chicken Breast

with Roasted Harissa-Spiced Veggies



30-40min



2 Servings

A simple technique that will make you a hero in the kitchen—butter-basting. A total game-changer. The chicken is seared in a hot skillet, and just before the chicken is finished, crushed garlic and a dollop of butter are added to the pan and spooned over the meat, infusing it with garlic-butter goodness. Placed alongside harissa-spiced veggies, this dish can't go wrong.

What we send

- ½ lb Brussels sprouts
- 1 red onion
- 6 oz bag carrots
- ¼ oz harissa spice blend
- garlic
- ½ oz tamari soy sauce ²
- 12 oz pkg boneless, skinless chicken breasts

What you need

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

Tools

- rimmed baking sheet
- medium skillet

Allergens

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

Nutrition per serving

Calories 570kcal, Fat 31g, Carbs 33g, Protein 47g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Place a rimmed baking sheet on the center oven rack to preheat. Halve **Brussels sprouts**; remove any outer leaves, if necessary. Halve **onion** and thinly slice through the root end. Scrub **carrots**, then cut on an angle into ½-inch thick slices.



2. Roast veggies

In a large bowl, toss **Brussels sprouts**, **sliced onions**, and **carrots** with **harissa spice blend** and **2 tablespoons oil**; season with **salt**. Carefully, transfer to preheated baking sheet and spread into a single layer. Roast on center oven rack until tender and browned in spots, 15-20 minutes.



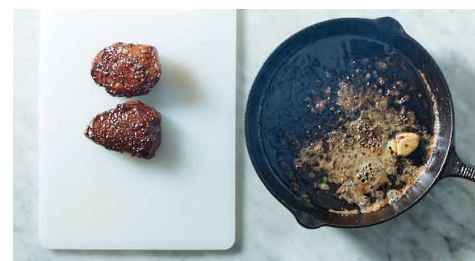
3. Prep garlic & pan sauce

Meanwhile, smash **1 large garlic clove**. In a liquid measuring cup, stir to combine **tamari**, **¼ cup water**, and **2 tablespoons vinegar**.



4. Sear chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **2 tablespoons oil** in a large skillet over medium-high. Add chicken and cook until golden brown and nearly cooked through, about 3 minutes per side.



5. Baste chicken

Add **smashed garlic clove**, **1 tablespoon butter**, and **½ tablespoon oil** to skillet with **chicken**; cook, stirring, until melted. Tilt skillet toward you so butter pools at the edge. Use a large spoon to continuously baste chicken with butter and oil until they are golden brown and fully cooked, 1-2 minutes more. Transfer to a cutting board to rest.



6. Finish pan sauce & serve

Add **tamari-vinegar** mixture to skillet and simmer until reduced to ¼ cup, 3-5 minutes. Discard **garlic**, stir in **any resting chicken juices**, and season **sauce** to taste with **salt** and **pepper**. Thinly slice **chicken**, if desired. Serve **chicken** with **roasted vegetables** alongside and **pan sauce** drizzled over top. Enjoy!