



## Rosemary CHICKEN Paillards

with Cheesy Polenta & Brussels



20-30min



2 Servings

As the temperatures start to drop, there's nothing more comforting than a big, hearty meal at home. Here, we pan roast chicken breast to perfection and partner them with fall's best sides: cheesy, comforting polenta and roasted balsamic Brussels sprouts. This is a meal that's big in size, as well as flavor.



## What we send

- ½ lb Brussels sprouts
- ¼ oz fresh rosemary
- 1 shallot (use half)
- garlic
- 2 oz fontina <sup>7</sup>
- 3 oz polenta
- 12 oz boneless, skinless chicken breasts
- 1 pkt turkey broth concentrate

## What you need

- olive oil
- balsamic vinegar (or red wine vinegar)
- kosher salt & ground pepper
- butter <sup>7</sup>

## Tools

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

## Allergens

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

## Nutrition per serving

Calories 770kcal, Fat 42g, Carbs 49g, Proteins 57g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Trim and discard stem ends from **Brussels sprouts**, then halve (or quarter, if large); remove outer leaves, if necessary. Pick and finely chop **2 teaspoons rosemary leaves**, discarding stems. Finely chop **half of the shallot**. Finely chop **1 teaspoon garlic**. Coarsely chop or grate **fontina**, if necessary.



### 4. Cook chicken

Pat **chicken** dry. Place between 2 sheets of plastic wrap and pound meat to an even ½-inch thickness. Season all over with **chopped rosemary, salt, and pepper**. Heat **1 tablespoon oil** in a large skillet over medium-high. Add chicken and cook until well browned and cooked through, 2-3 minutes per side. Transfer to a cutting board.



### 2. Roast Brussels sprouts

On a rimmed baking sheet, toss **Brussels sprouts** with **2 tablespoons each of oil and vinegar, any remaining whole rosemary sprigs, and a generous pinch each of salt and pepper**. Roast on upper oven rack until golden brown and tender, about 15 minutes.



### 5. Make pan sauce

Add **chopped shallots** and **garlic** to skillet and cook over medium-high, stirring, until softened, 1-2 minutes. Add **turkey broth concentrate** and **½ cup water**; simmer, scraping up browned bits on the bottom of the skillet, until sauce is thickened and reduced to ¼ cup, 5-6 minutes. Off the heat, swirl in **1 tablespoon butter** and season to taste with **salt and pepper**.



### 3. Make polenta

Meanwhile, in a small saucepan bring **2½ cups water** and **¾ teaspoon salt** to a boil. Gradually whisk in **polenta** and return to a boil. Cover and reduce heat to low, stirring occasionally, until grains are tender and polenta is thickened, 8-10 minutes. Remove from heat and stir in **cheese**. Cover to keep warm until ready to serve.



### 6. Serve

Serve **polenta** topped with **chicken** and **pan sauce** spooned over top. Serve **Brussels sprouts** alongside. Enjoy!