



Skillet Chicken with Roasted Potatoes and Carrots

Prep Time: 15 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

365 calories

11.1 g fat

673 mg sodium



INGREDIENTS: ** *Items not included in kit*

- 1 TB olive oil**
- 1.5 lbs. chicken breast
- 1 TB Montreal Chicken seasoning
- 8 oz. baby carrots (you were given 16 oz. bag)
- 3/4 lb. small potatoes, halved
- 2 sprigs fresh thyme
- 1 clove garlic, minced
- 1 lemon, zested then sliced thinly into 8 slices
- 1 1/2 cups whole milk, divided
- 1 1/2 TB flour**
- 3/4 cup chicken broth
- Salt & pepper, to taste**
- 1/4 cup fresh parsley, chopped

DIRECTIONS:

1. Preheat oven to 425 degrees. Prep produce and set aside: Wash and dry **potatoes**, slice in half. Mince **1 clove of garlic**. Zest **lemon**, then slice lemon into 8 thin slices. Chop **parsley leaves** to equal 1/4 cup.
2. Season **chicken breasts** with **Montreal Chicken seasoning**. Heat **1 TB olive oil** in a large oven-safe skillet over medium-high heat, add seasoned chicken breasts and cook for 5 minutes, turn over and cook other side for 5 more minutes. Remove chicken from pan, transferring to a plate.
3. To the same skillet, add the **baby carrots** and place the **halved potatoes** cut side down. Sprinkle over **minced garlic** and nestle in **thyme sprigs**. Season with **salt and pepper to taste**. Place skillet in oven and bake at 425 for 10 minutes.
4. Remove skillet from oven. Nestle chicken breasts back into the pan and top with **lemon slices**. Bake at 425 for an additional 15 minutes. Remove pan from oven and transfer vegetables and chicken to a plate. Discard the thyme sprigs and lemon slices.
5. In a small bowl, whisk together **1/2 cup whole milk, lemon zest, and 1 1/2 TB flour**.
6. Return the skillet to medium-high heat, add flour mixture from Step 5, **remaining 1 cup milk, 3/4 cup chicken broth, and salt & pepper to taste**. Using a spoon stir to combine ingredients, while scraping up any bits stuck to the bottom of the pan, cook for 3-5 minutes, until sauce reduces slightly.
7. Return the chicken breasts and vegetables to the skillet by nestling them into the pan sauce. Sprinkle with **chopped parsley**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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