



NUTRITION per serving 60g carbohydrates 27g fat 48g protein 1004mg sodium | gluten-free, soy-free, shellfish-free, nut-free

 Calories
674

 Prep & Cook Time
35-45 min.

 Cook Within
5 days

 Difficulty
Easy

 Spice Level
Not Spicy

IN YOUR BOX

- 1 Granny Smith Apple
- 10 oz. Fingerling Potatoes
- 1 Lemon
- 6 Chives
- 1 Roma Tomato
- 2 Boneless Skinless Chicken Breasts
- 3 fl. oz. White Cooking Wine
- 2 fl. oz. Chef's Heavy Cream
- 2 oz. Baby Arugula
- ½ oz. Shaved Parmesan

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Medium Oven-Safe Pan
- Mixing Bowl

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STAFF PICK

Normandy Chicken

with apple cream sauce, roasted fingerling potatoes, and arugula salad

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- Be very careful handling pan after it's been in the oven. Wrap a dry dish towel around handle to protect your hand.

FROM THE CHEF

If you notice apples are getting very mushy as sauce cooks, remove them from pan, returning them once sauce reaches desired consistency.

Did you know...

In classic French cuisine, dishes titled “à la Normande” mean they’re cooked in the style of Normandy and typically contain dairy, apples, or both!



Prepare the Ingredients

Peel and core **apple**. Cut into eight wedges. Halve **fingerling potatoes** lengthwise. Zest **lemon**, halve, and juice. Mince **chives**. Core **Roma tomato** and cut into ¼” dice. Rinse **chicken breasts**, pat dry, and season both sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



Cook the Potatoes

Place **potatoes** on prepared baking sheet. Drizzle with 1 Tbsp. **olive oil**, ½ tsp. **salt**, and ¼ tsp. **pepper**. Toss to coat, then spread into a single layer. Roast 20-23 minutes, until browned and fork-tender. While potatoes roast, cook chicken.



Cook the Chicken

Place a medium oven-safe pan over medium-high heat. Add 2 tsp. **olive oil** and **chicken** to hot pan. Sear undisturbed until well-browned, 3-4 minutes. Flip onto second side and place pan in oven. Roast until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes. Remove chicken from pan, cover loosely with foil, and rest 3-5 minutes. Reserve pan for making sauce; no need to wipe clean.



Make the Sauce

Carefully wrap a dry dish towel around handle of pan used to cook chicken and place over medium-high heat. Add 1 tsp. **olive oil** and **apples** to hot pan. Cook until fragrant, 1 minute. Add **white cooking wine**, bring to a boil, and reduce by half. Add **cream**, bring to a simmer, and cook 1 minute until slightly thickened. Season with ¼ tsp. **salt** and remove from heat.



Make the Salad

Toss together **arugula**, **tomatoes**, **Parmesan**, 1 tsp. **lemon zest**, 1 Tbsp. **lemon juice**, ½ Tbsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper** in a medium mixing bowl.



Plate the Dish

Place **fingerling potatoes** on plate. Spoon **sauce** and **apples** on plate and top with **chicken**. Garnish with **chives**. Serve **salad** on side.