

Roasted Chicken & Root Vegetables

with Potato-Rutabaga Mash

In this recipe, we're reveling in winter vegetables by serving them two ways: mashed and roasted. Our creamy potato-rutabaga mash is full of sweet and earthy notes. And we're roasting carrots and Brussels sprouts with rosemary—first on their own, and then again with the browned chicken. The chicken's juices infuse the vegetables during the cooking process, bringing the flavors of the dish together. Served with a simple, delicious pan sauce and garnished with parsley and lemon, this meal is the epitome of casual elegance.



Ingredients

- 4 Airline Chicken Breasts
- 6 Ounces Brussels Sprouts
- 1½ Pounds Rutabaga
- 1 Pound Russet Potatoes
- 1 Lemon
- ¾ Pound Carrots
- 1 Bunch Parsley
- 1 Bunch Rosemary

Knick Knacks

- 4 Tablespoons Butter
- ¼ Cup Heavy Cream
- 2 Teaspoons Roasted Chicken Spice Blend
(Sweet Paprika, Ground Coriander & Ground Fennel Seeds)

Makes 4 Servings

About 700 Calories Per Serving

Cooking Time: 35 to 45 minutes





Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Remove the chicken from the refrigerator to bring to room temperature. Cut off and discard the stem ends of the Brussels sprouts; cut in half. Quarter and deseed the lemon. Large dice the potatoes. Peel and large dice the rutabaga. Peel the carrots and cut into 1-inch rounds. Pick the parsley and rosemary leaves off the stems; discard the stems.



Brown the Brussels sprouts & carrots:

Place the **Brussels sprouts**, **carrots** and **rosemary** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in a single, even layer and roast 8 to 10 minutes, or until lightly browned. Remove from the oven and set aside.



Make the potato-rutabaga mash:

While the Brussels sprouts and carrots roast, add the **potatoes** and **rutabaga** to the pot of boiling water. Cook 23 to 25 minutes, or until tender when pierced with a fork. Remove from heat. Drain thoroughly and return to the pot. Add **half the butter**. Using a fork, mash the potatoes and rutabaga; gradually add **as much of the heavy cream as you'd like**, depending on how creamy you'd like the mash to be. Season with salt and pepper to taste. Transfer to a serving dish and set aside in a warm place.



Brown the chicken:

While the potatoes and rutabaga cook, pat the **chicken** dry with paper towels; coat in the **spice blend** and season with salt and pepper on both sides. In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned chicken, skin side down; cook 3 to 5 minutes, or until browned. Transfer, skin side up, to the sheet pan of browned Brussels sprouts and carrots, leaving any browned bits (or fond) in the large pan.



Finish the chicken, Brussels sprouts & carrots:

Place the sheet pan of browned chicken, Brussels sprouts and carrots in the oven and roast 16 to 18 minutes, or until the chicken is cooked through (the juices should run clear) and the vegetables are tender when pierced with a fork. Remove from the oven and transfer to a serving dish. Top with **the juice of 2 lemon wedges**.



Make the pan sauce & serve your dish:

While the chicken, Brussels sprouts and carrots roast, to the pan of reserved fond, add the **remaining butter**, **the juice of the remaining lemon wedges** and **½ cup of water**. Cook on medium, stirring constantly, 1 to 2 minutes, or until thoroughly combined and slightly reduced in volume. Season with salt and pepper to taste. Transfer to a serving dish. Garnish the **potato-rutabaga mash** and **finished chicken, Brussels sprouts and carrots** with the **parsley**. Enjoy!