

#### Ingredients\*



4 Boneless, Skinless Chicken Breasts



3/4 lb Carrots



2 ½ Tbsps Chicken Demi-Glace



4 tsps Honey



1 ¼ lbs Potatoes



¾ lb Green Beans



2 Tbsps Balsamic Vinegar



2 Tbsps Sliced Roasted Almonds



2 cloves Garlic



2 oz Salted Butter



1 Tbsp Dijon Mustard



1 tsp Whole Dried Oregano



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## Prepare the ingredients & make the sauce

- Remove the **honey** from the refrigerator to bring to room temperature.
- Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Medium dice the potatoes.
- · Cut off and discard any stem ends from the green beans; halve crosswise.
- Peel the carrots; quarter lengthwise, then cut crosswise into 2-inch pieces.
- Peel and roughly chop 2 cloves of garlic.
- In a bowl, whisk together the **honey** (kneading the packet before opening), mustard, and vinegar; season with salt and pepper.

#### Cook & mash the potatoes

- Add the diced potatoes to the pot of boiling water. Cook 17 to 19 minutes, or until tender when pierced with a fork. Turn off the heat.
- · Drain thoroughly and return to the pot. Add the butter; season with salt and pepper. Using a fork or potato masher, mash to your desired consistency.



• Taste, then season with salt and pepper if desired. Cover to keep warm.

## 3 Cook the vegetables

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of olive oil on medium-high until melted.
- Add the halved green beans and carrot pieces; season with salt and pepper. Cook, stirring occasionally, 5 to 6 minutes, or until slightly softened.



- Add the chopped garlic. Cook, stirring occasionally, 1 to 2 minutes, or until the vegetables are lightly browned.
- Add the demi-glace (carefully, as the liquid may splatter) and 1/4 cup of water. Season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the vegetables are softened and the liquid has cooked off.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Rinse and wipe out the pan.

#### 4 Cook the chicken & serve your dish

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the oregano.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- · Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.\*

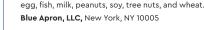


- Transfer to a cutting board. When cool enough to handle, slice the cooked chicken crosswise.
- Serve the sliced chicken with the mashed potatoes and cooked vegetables. Top the chicken and potatoes with the sauce. Garnish with the almonds. Enjoy!

\*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.

Produced in a facility that processes crustacean shellfish,





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