



Sauteed Breast of Chicken With Sweet Potato Puree & Wild Rice Medley

OUR BEVERAGE RECOMMENDATION

This dish pairs well with a variety of medium body white wines including Chenin Blanc, lightly-oaked Chardonnay, etc. as well as lighter reds such as Beaujolais, Dolcetto, or cooler climate Pinot Noir from the new world (think Oregon).

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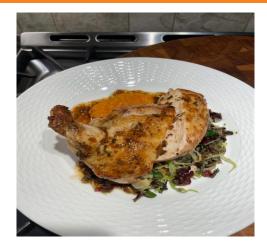
Nutrition	Amount Per Serving	% Daily Value *	Amount Per Serving % Dal	ily Value *	
	Total Fat 60g	77%	Total Carbohydrates 50g	18%	* The % Daily Value (D' tells you how much a nutrient in a serving of food contributes to a
Facts	Saturated Fat 29g	147%	Dietary Fiber 7g	25%	
2 Servings Per Container	Trans Fat 0g		Total Sugars 25g		daily diet. 2,000 calorie
Serving Size 1 (651g)	Cholesterol 235mg	78%	Includes 13g Added Sugars	26%	a day is used for gener nutrition advice.
	Sodium 4240mg	180%	Protein 56g		
Calories 960 Per Serving	Vitamin D 0.3mcg 2% . Cal	cium 170mg 15%	. Iron 5.7mg 30% . Potassium 1820	0mg 40%	

Ingredients: Chicken breast, roll, oven-roasted, Vinegar, Parsley, Sweet potato, Wild rice, Unsalted Butter, Cream, Dried Cranberries, Shallots, Brussels sprouts, Salt, Black Pepper

Contains: Milk

MeezBox Foods

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Chef's Lesson: What Is Deglazing?

Deglazing is the process of adding liquid to a hot pan to remove the brown flavorful bits stuck to a pan when you cook at high temperature. Those browned bits are a treasure trove of flavor and should be used to their full potential. You should deglaze any time you are building a dish around a flavorful liquid, like making a soup or preparing a braise, or after you've finished cooking in order to make a sauce.

WHAT'S INCLUDED

Olive Oil Pre-Seasoned Chicken Breasts Sweet Potato Puree Wild Rice Blend Minced Shallots Butter Chopped Herbs Chicken Jus

WHAT ELSE YOU NEED

Small sauce pot Sauté Pan Tongs





STEP 1

Pre-heat the oven to 375F. Add 1 tablespoon of olive oil to a sauté pan. Heat pan on medium-high heat. Carefully place the chicken breasts (pre-seasoned), skin-side down on the pan. Cook for 5 minutes until browned.

STEP 2

Flip the chicken in the pan. Place the sauté pan in the oven. Bake at 37⁵F for 12 minutes until the chicken has reached an internal temperature of 165F

STEP 3

Remove the chicken from the oven and place in an oven-proof dish. Hold warm until ready to serve.



STEP 4

Return the sauté pan with the chicken drippings to medium-high heat. Add **butter**. Cook until butter begins to brown. Add the minced shallots, cooking for 1 minute until golden brown. Deglaze the pan with Chicken Jus. Reduce by 1/2.



STEP 5

Bring sauce to simmer. Finish with herbs. Pour sauce into a small bowl and set sauté pan aside for later use.

STEP 6

Heat the sweet potato puree in a small pot until warm, about 3 minutes.

STEP 7

Add container of wild rice medley (rice, Brussels sprouts, dried cranberries) to the sauté pan that was used for the chicken. Heat on medium-high heat until warm, about 3 minutes.

STEP 8

Portion the sweet potato puree & wild rice on to the plates. Slice the chicken on a bias and place on top on the wild rice. Drizzle with sauce. Enjoy!



Scan this QR code for video illustrated step-by-step instructions





