

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).



Sauteed Breast of Chicken
With Sweet Potato Puree & Wild Rice

Nutrition Facts	Amount Per Serving		Amount Per Serving		* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
		% Daily Value *		% Daily Value *	
2 Servings Per Container	Total Fat 60g	77%	Total Carbohydrates 50g	18%	
Serving Size 1 (651g)	Saturated Fat 29g	147%	Dietary Fiber 7g	25%	
Calories 960	Trans Fat 0g		Total Sugars 25g		
Per Serving	Cholesterol 235mg	78%	Includes 13g Added Sugars	26%	
	Sodium 4240mg	180%	Protein 56g		
	Vitamin D 0.3mcg 2% . Calcium 170mg 15% . Iron 5.7mg 30% . Potassium 1820mg 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
1946 Campus Drive
Hyde Park, NY 12538
www.meezboxfoods.com

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

INSTRUCTIONS



STEP 1

Pre-heat the oven to 375°F. 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 375°F for 12 minutes until the chicken has reached an internal temperature of 165°F



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 ½.



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!

