



SEP
2016

Chicken & Artichoke Cassoulet

with Crispy Cheesy Breadcrumbs

We've taken cassoulet – a traditionally slow-cooked French bean casserole – and made it delicious in 30 minutes. You'll get the same richness from thyme-roasted tomatoes, caramelized onion, and marinated chicken.

Prep
30 min

level 1



Chicken Thighs



Artichoke Hearts



Cannellini Beans



Parmesan



Red Onion



Panko



Parsley



Thyme



Grape Tomatoes



Garlic



Lemon

Ingredients

	2 People	4 People
Chicken Thighs	1 pkg (340 g)	2 pkg (680 g)
Artichoke Hearts, marinated	1 pkg (85 g)	2 pkg (170 g)
Thyme	1 pkg (7 g)	1 pkg (7 g)
Red Onion, thinly sliced	1 pkg (56 g)	2 pkg (113 g)
Cannellini Beans (White Kidney)	1 can	2 cans
Grape Tomatoes	1 pkg (227 g)	2 pkg (454 g)
Garlic	2 cloves	4 cloves
Parmesan, shredded	1) 1 pkg (¼ cup)	2 pkg (½ cup)
Panko Breadcrumbs	2) 1 pkg (¼ cup)	2 pkg (½ cup)
Parsley	1 pkg (7 g)	1 pkg (7 g)
Lemon	1	2
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Milk/Lait
- 2) Wheat/Blé

Tools

Small Baking Dish, Medium Bowl, Strainer, Small Bowl, Large Pan

Ruler

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Nutrition per person Calories: 637 cal | Fat: 25 g | Sat. Fat: 9 g | Protein: 27 g | Carbs: 77 g | Sugar: 8 g | Sodium: 645 mg | Fiber: 6 g

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Preheat your oven to 425°F. Start prepping when your oven comes up to temperature!

2 Prep: Strip the **thyme leaves** off the sprig. Halve the **tomatoes**.

3 Roast the **veggies**: In a small baking dish, toss the **red onion** and **grape tomatoes** with the **thyme leaves**, drizzle of **oil**, and a pinch of **salt** and **pepper**. Roast in the centre of the oven until **tomatoes** soften and **onion** is slightly caramelized, 13-15 min.



4 Meanwhile, drain and halve the **artichoke hearts**. Mince or grate the **garlic**. Finely chop the **parsley**. Zest, then juice the **lemon**. Drain and rinse the **beans**. Cut the **chicken** into ½-inch thick strips.

5 Prep the **chicken**: In a medium bowl, toss the **chicken** with **garlic**, **lemon zest**, half the **lemon juice**, and a drizzle of **oil**. Season with **salt** and **pepper**.



6 Cook the **chicken**: Heat a drizzle of **oil** in a large pan over high heat. Working in batches (if necessary), cook the **chicken** strips until golden brown but not yet cooked through, about 2 min per side.

7 Prep the **topping**: Meanwhile, in a small bowl, combine the **panko**, **Parmesan**, half the **parsley**, and a drizzle of **oil**.



8 Finish and serve: When the veggies are done roasting, turn on the broiler. Add the **chicken** to the baking dish along with the **beans**, **artichokes**, and **remaining lemon juice**. Toss to combine. Top with the **panko** mixture and return to the oven. Broil until topping is crispy and golden, 5-7 min. Serve the cassoulet right out of the oven (be careful - the dish will be hot!) and sprinkle with remaining **parsley**. Enjoy!

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