



# JAMMY APRICOT CHICKEN

with Potato Wedges and Green Beans

PREP: 10 MIN  
TOTAL: 35 MIN

LEVEL 1

NUT FREE

GLUTEN FREE



## INGREDIENTS:

- Yukon Potatoes
- Shallot
- Green Beans
- Chicken Breasts
- Thyme
- Balsamic Vinegar
- Apricot Jam
- Chicken Stock Concentrate

## FOR 4 PEOPLE:

24 oz  
1  
12 oz  
24 oz  
¼ oz  
4 TBSP  
2 TBSP  
1

## HELLO APRICOT-BALSAMIC SAUCE

Stone-fruit sweetness meets vinegary twang

## NUTRITION PER SERVING

486 cal | Fat: 16 g | Sat. Fat: 5 g | Protein: 45 g | Carbs: 43 g | Sugar: 12 g | Sodium: 240 mg | Fiber: 7 g

## START STRONG

**Want to know the secret to extra-toasty roasted potatoes?** Put your baking sheet into the oven before turning it on. When those spuds hit that hot surface, they'll immediately begin to sizzle and crisp.



## BUST OUT

- 2 Baking sheets
- Paper towel
- Olive oil (2 TBSP)
- Butter (2 TBSP) (Contains: Milk)



### 1 PREHEAT OVEN AND ROAST POTATOES

#### Wash and dry all produce.

Preheat oven to 425 degrees. Cut **potatoes** into 1-inch wedges, like steak fries. Toss **potatoes** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast until tender and lightly crisped, 20-25 minutes.

### 2 PREP REMAINING INGREDIENTS

Halve, peel and mince **shallot**. Trim **green beans**.

### 3 COOK CHICKEN

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Pat **chicken** dry with paper towel and season on all sides with **salt** and **pepper**. Add to pan and cook until no longer pink in center, about 5 minutes per side. Remove from pan to rest.



### 4 COOK GREEN BEANS

While **chicken** cooks, toss **green beans** on another baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast until slightly crispy, about 12 minutes.

### 5 MAKE SAUCE

Add **shallot**, **thyme**, and a drizzle of **olive oil** to pan used for **chicken** over medium heat. Toss until **shallot** is soft, 2-3 minutes. Stir in **balsamic vinegar** and 2 TBSP **apricot jam**. Simmer until syrupy, about 1 minute. Add ½ cup **water** and **stock concentrate**. Simmer until thickened, about 3 minutes. Remove pan from heat and swirl in 2 TBSP **butter**.

### 6 SERVE

Discard **thyme** from pan and season sauce with **salt** and **pepper**. Thinly slice **chicken** and serve with **green beans** and **potatoes**. Drizzle **pan sauce** over **chicken**.

## FANTASTIC!

Apricot and balsamic vinegar are a dream team together.

