



OVEN-ROASTED LEMON CHICKEN

with Hearty Vegetables, Quinoa and Lemon-Thyme Pan Sauce



HELLO PARSNIP

A sweet-tasting autumn root vegetable closely related to the carrot

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 788



Chicken Breasts



Brussels Sprouts



Carrot, coins



Parsnip, coins



Thyme



Lemon



Chicken Broth Concentrate



Quinoa



Dried Oregano

BUST OUT

- Baking Sheet (2 for 4 ppl)
- Medium Pot
- Large Pan
- Measuring Cups
- Measuring Spoons
- Zester
- Medium Bowl
- Butter **2** (1 tbsp | 2 tbsp)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

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|-----------------------------|---------------|--|-----------------|
| • Chicken Breasts | 1 pkg | | 2 pkg |
| • Brussels Sprouts | 1 pkg (227 g) | | 2 pkg (454 g) |
| • Carrot, coins | 1 pkg (170 g) | | 2 pkg (340 g) |
| • Parsnip, coins | 1 pkg (170 g) | | 2 pkg (340 g) |
| • Thyme | 1 pkg (10 g) | | 1 pkg (10 g) |
| • Lemon | 1 | | 2 |
| • Chicken Broth Concentrate | 1 | | 2 |
| • Quinoa | 1 pkg (¾ cup) | | 2 pkg (1 ½ cup) |
| • Dried Oregano | 1 pkg (1 tsp) | | 2 pkg (2 tsp) |

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

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|------------------------|----------------------|
| 0 Seafood/Fruit de Mer | 5 Tree Nut/Noix |
| 1 Wheat/Blé | 6 Mustard/Moutarde |
| 2 Milk/Lait | 7 Peanut/Cacahuète |
| 3 Egg/Oeuf | 8 Sesame/Sésame |
| 4 Soy/Soja | 9 Sulphites/Sulfites |

* Laver et sécher tous les aliments.

** Cuire jusqu'à une température interne minimale de 165°F.



START STRONG

Preheat the oven to **400°F** (to roast the veggies and the chicken). Start prepping when the oven comes up to temperature!



1 PREP Wash and dry all produce.* In a medium pot, bring **1½ cups salted water** (double for 4 ppl) to a boil. Cut the **Brussels sprouts** in half (or quarters if they are large). Strip **1 tbsp thyme leaves** (double for 4 ppl) from the sprigs. Zest the **lemon(s)**, then cut into wedges. In a medium bowl, combine the **chicken, dried oregano** and **1 tbsp lemon juice** (double for 4 ppl).



4 SEAR CHICKEN Meanwhile, heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **chicken**. Season with **salt and pepper**. Cook until golden, 2-3 min per side. Transfer chicken to the baking sheet(s). Roast in the oven until the veggies are tender and the chicken is cooked through, 14-16 min. (**TIP:** Cook to a min. internal temp. of 165°F.**)



2 ROAST VEGGIES On a baking sheet (or over 2 sheets for 4 ppl), toss the **Brussels sprouts, carrots, parsnips** and **half the thyme** with a drizzle of **oil**. Season with **salt and pepper**. Place the baking sheet(s) in the centre of the oven to start roasting. (We will add the chicken to this later, and continue roasting the veggies along with the chicken.)



5 MAKE SAUCE Meanwhile, heat the same pan over medium-low heat. Add **1 tbsp butter** (double for 4 ppl) and **remaining thyme**. Stir for 1 min. Add the **broth concentrate(s), half the lemon zest** and **½ cup water** (double for 4 ppl). Cook for 2-3 min. Set aside.



3 COOK QUINOA Meanwhile, add the **quinoa** to the boiling water. Reduce heat to medium-low. Cook, covered, until the quinoa is tender and all the water has been absorbed, 12-15 min.



6 FINISH AND SERVE Thinly slice the **chicken**. Fluff the **quinoa** with a fork. Stir in the **remaining lemon zest**. Divide between plates. Top with the chicken and **roasted veggies**. Drizzle with the **lemon-thyme pan sauce**.

SAUCY!

It's so easy to add more flavour to the humble chicken breast with a simple pan sauce!