



LEMON-PEPPER CHICKEN

with Roasted Potatoes and Autumn Pear Salad



HELLO

LEMON-PEPPER SAUCE

A quick and easy pan sauce packed with citrusy lemon and sharp peppercorn flavour

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 587



Chicken Breasts



Yukon Potatoes



Garlic



Lemon



Bartlett Pear



Apricot Jam



Arugula



Walnuts, toasted



Chicken Broth Concentrate



Peppercorns, crushed

BUST OUT

- Baking Sheet
- Zester
- Large Pan
- Large Bowl
- Whisk
- Measuring Spoons
- Butter **2**
(1 tbsp | 2tbsp)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Chicken Breasts 1 pkg (340 g) | 2 pkg (680 g)
- Yukon Potatoes 1 pkg (340 g) | 2 pkg (680 g)
- Garlic 1 pkg (10 g) | 2 pkg (20 g)
- Lemon 1 | 2
- Bartlett Pear 1 | 2
- Apricot Jam 1 pkg (1 tbsp) | 2 pkg (2 tbsp)
- Arugula 1 pkg (56 g) | 2 pkg (113 g)
- Walnuts, toasted **5** 1 pkg (28 g) | 2 pkg (56 g)
- Chicken Broth Concentrate 1 | 2
- Peppercorns, crushed **9** 1 pkg (¼ tsp) | 2 pkg (½ 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 soja, les sulfites, les noix et le blé.

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

* Laver et sécher tous les aliments.

** Cuire jusqu'à une température interne minimale de 175°F.

START STRONG

Preheat the oven to **450°F** (to roast the potatoes). Start prepping when the oven comes up to temperature!



1 ROAST POTATOES
Wash and dry all produce.* Cut the **potatoes** into ½-inch cubes. On a baking sheet, toss the potatoes with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until the potatoes are golden-brown, 25-28 min.



4 ASSEMBLE SALAD
Meanwhile, in a large bowl, whisk together **2 tbsp lemon juice** (double for 4 people), **apricot jam** and a drizzle of **oil**. Season with **salt** and **pepper**. Toss in the **pear**, **arugula** and **walnuts**.



2 PREP
Meanwhile, mince or grate the **garlic**. Zest, then juice the **lemon(s)**. Cut the **pear(s)** in half and remove the core. Thinly slice the pear(s). Pat the **chicken** dry with paper towels. Butterfly each breast by carefully slicing into the centre – parallel to cutting board – leaving 1-inch intact on the other end. Open up the chicken like a book.



5 MAKE SAUCE
When the **chicken** is done, transfer to a plate. Remove the pan from the heat, add **1 tbsp butter** (double for 4 people) and **garlic**. Stir for 1 min. Stir in the **broth concentrate(s)**, **lemon zest**, **pinch of peppercorns** and **½ cup water** (double for 4 people). Stir together for 2-3 min.



3 COOK CHICKEN
Season the **chicken** with **salt** and **pepper**. Heat a large pan over medium heat. Add a drizzle of **oil**, then the chicken. Cook until golden-brown and cooked through, 4-5 min per side. (**TIP:** Cook to a minimal internal temp. of 175°F.**)



6 FINISH AND SERVE
Divide the **chicken**, **potatoes** and **salad** between plates. Drizzle the **lemon-pepper sauce** over the chicken.

A PERFECT PEAR!

Pears are delicious and in-season right now, and goes great with this salad!