

Whole30 Chicken Breast with Ginger Pan Sauce

2 SERVINGS | **HANDS ON TIME: 15 minutes** | **TOTAL TIME: 35 minutes**

Windy Meadows Family Farm Boneless Chicken Breast, thawed
Kitchen Pride Crimini Mushrooms, washed immediately before use
Fruitful Hill Farms Bayou Bell Sweet Potato, washed and scrubbed, peeled (optional)
Johnson's Backyard Garden Mixed Braising Greens, washed and dried well
Farmhouse Kitchen Ginger Pan Sauce, thawed
Salt and pepper
Olive oil, ghee, or preferred fat

Preheat the oven to 425°F degrees.

STEP 1 Prepare the vegetables. Quarter or halve the mushrooms, depending on size. Roughly chop the greens. Set mushrooms and greens aside. Chop the sweet potatoes into cubes, about 1-inch pieces, and add to a baking sheet. Toss with 1 tbsp. oil and ½ tsp. salt and pepper. Spread potatoes in an even layer and roast for 15-20 minutes, or until browned around the edges and tender.

STEP 2 While sweet potatoes are roasting, pat the chicken breasts dry with paper towels and liberally season both sides with salt and pepper. Heat a large skillet over medium-high heat. When the skillet begins to smoke, add 1 tbsp. oil and swirl to coat. Add the chicken breasts and cook for 5 minutes each side or until deeply browned. Transfer to a clean plate and set aside.

STEP 3 Reduce heat to medium and add mushrooms. Saute until browned, about 5 minutes, and then season a pinch of salt and pepper.

STEP 4 Reduce heat to medium-low and add the ginger pan sauce to deglaze. Use a wooden spoon to scrape up the flavorful bits that have formed in the bottom of the skillet. Return the chicken (and any collected juices in the plate) to the skillet. Spoon the ginger pan sauce over the chicken. Cover with a lid and allow the chicken to cook through, 5-7 minutes. The sauce will slightly reduce and thicken. The internal temperature of chicken breast, when measured at the thickest part, should read 165°F.

STEP 5 Transfer the chicken and mushrooms to serving plates. Add the braising greens to the skillet and stir to wilt in sauce, about 3 minutes. Season with salt and pepper to taste.

STEP 6 Serve pan roasted chicken breast and mushrooms with wilted braising greens and sweet potatoes.

Enjoy!

STORAGE TIPS *INGREDIENTS BEST USED WITHIN 5 DAYS*

Boneless Chicken Breast - Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Crimini Mushrooms - Store in the refrigerator in the bag in which they came. Use within 5 days.

Sweet Potato - Store in a cool, dry place in the kitchen. Use within 5 days.

Mixed Braising Greens - Store in crisper drawer of refrigerator in an airtight container, wrapped in a dry paper towel. Use within 5 days.

Ginger Pan Sauce - Keep frozen until 24-48 hrs before ready to use. Thaw in the refrigerator overnight.

(Ingredients: Windy Meadows Family Farm chicken bones, Johnson's Backyard Garden carrots, Phoenix Farms onion, ginger, garlic, salt, Patty's Herbs thyme, Rain Lily Farm bay leaf, white pepper, allspice, clove, fennel seed)

***Not made with gluten, dairy, egg, nuts, fish or shellfish containing ingredients.**

****Prepared in a facility that may contain gluten, dairy, egg, nuts, fish and shellfish.**

Whole30 Chicken Breast with Ginger Pan Sauce

4 SERVINGS | HANDS ON TIME: 15 minutes | TOTAL TIME: 35 minutes

Windy Meadows Family Farm Boneless Chicken Breast, thawed
Kitchen Pride Crimini Mushrooms, washed immediately before use
Fruitful Hill Farms Bayou Bell Sweet Potato, washed and scrubbed, peeled (optional)
Johnson's Backyard Garden Mixed Braising Greens, washed and dried well
Farmhouse Kitchen Ginger Pan Sauce, thawed
Salt and pepper
Olive oil, ghee, or preferred fat

Preheat the oven to 425°F degrees.

STEP 1 Prepare the vegetables. Quarter or halve the mushrooms, depending on size. Roughly chop the braising greens. Set mushrooms and greens aside. Chop the sweet potatoes into cubes, about 1-inch pieces, and add to a baking sheet. Toss with 2 tbsp. oil and 1 tsp. salt and pepper. Spread potatoes in an even layer and roast for 15-20 minutes, or until browned around the edges and tender.

STEP 2 While sweet potatoes are roasting, pat the chicken breasts dry with paper towels and liberally season both sides with salt and pepper. Heat a large skillet over medium-high heat. When the skillet begins to smoke, add 1.5 tbsp. oil and swirl to coat. Add the chicken breasts and cook for 5 minutes each side or until deeply browned. Transfer to a clean plate and set aside.

STEP 3 Reduce heat to medium and add mushrooms. Saute until browned, about 5 minutes, and then season a pinch of salt and pepper.

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