



Few cooking aromas can top chicken roasting in the oven. We've added marinated olives to our version that infuse their flavor throughout the dish, resulting in a supremely juicy and delicious chicken. Add a few of our crispy polenta fries on the side and you've got a quick and delicious dinner that's perfect for every season.

Ingredients

- | | |
|--------------------|-----------------|
| chicken breast | brussel sprouts |
| chicken season mix | potatoes |
| caramelized onions | moroccan olives |
| fresh herbs | polenta fries |



Ingredient Breakdown

Season Mix: fennel seed, anise seed, white pepper, salt, and curry powder.

Polenta Fries: stone ground corn, water, milk, garlic, rosemary, mozzarella cheese, and parmesan cheese.

WHAT YOU NEED 2 large sauté pans (one ovenproof), cutting board, chef's knife, mixing bowl, tongs, paper towels, medium sauce pan or skillet, large baking dish

FROM YOUR PANTRY olive oil, salt (kosher or sea), pepper



Preheat the oven to 375° F.

Warm 1 tablespoon of olive oil in ovenproof sauté pan* over medium heat. Season the chicken breast lightly with salt. When the oil is very hot, sear the chicken, skin side down, in the oil. When the breasts are golden brown (approximately 4-5 minutes) turn over and cook for 1 minute longer (to get a perfect sear, resist the urge to touch the breast until it's time to flip it).** Remove from heat.

Place the caramelized onions and the fresh herbs underneath the cooked chicken breasts on the bottom of the ovenproof pan.

Add the brussels sprouts, potatoes, preserved lemon and olives to the pan with ¼ cup of water. Roast in the oven for 15-20 minutes or until the chicken is cooked through.



Slice the polenta into “fries”, approximately ¼” in width.

Warm 1 tablespoon of oil in non-stick sauté pan set over medium heat. Sauté the polenta fries until golden brown on all sides, adding a little more oil to the pan if the fries begin to stick. Remove fries from the pan, lay on paper towels to absorb any extra oil and sprinkle with salt.

Serve the roasted chicken and vegetables accompanied by the polenta fries.

Enjoy!



GETTING KIDS INVOLVED

If you have a child safe knife, have kids help cut the polenta fries. Grab a ruler and have them measure the size of the fries and remind them that cooking uses math skills, too!

TIPS



COOKING

**Don't crowd the pan! If your sauté pan is too small, resist the urge to cram. Instead, cook the chicken in two batches. An over-crowded pan will just steam the meat and you won't get the crispy brown sear you're looking for.



ENCOURAGING KIDS TO TRY

*If you don't have an ovenproof pan (i.e. cast iron or Le Creuset), transfer the chicken and the vegetables to a lightly oiled baking dish before placing in the oven.