



Roasted Chicken

with White Wine Cream Sauce, Grapes, & Harvest Rice

Let the wonderful aromas of this rustic dinner transport you to the French countryside. It features perfectly seared chicken breasts served over a medley of brown rice, red rice, and wild rice. A rich white wine cream sauce with sautéed mushrooms, leeks, and red seedless grapes is drizzled on top for a gourmet finish.

Ingredients

- Skin-on chicken breasts
- Harvest rice medley
- Heavy cream M
- Red seedless grapes
- Cremini mushrooms
- Sliced leeks
- Sauterne cooking wine (contains alcohol, sulfites)
- Thyme

Allergens

M Milk

Supplies to Gather

- Oven-safe saute pan (12 inches or larger)
- Two nonstick saute pans (10 inches or larger)
- Kitchen knife & cutting board
- Kitchen tongs
- Oven mitt
- Microwave-safe bowl
- Cooking spoon
- Paper towels
- Salt & pepper
- Cooking oil

Did You Know?

In Spain, the custom of consuming twelve table grapes during the New Year's Eve countdown to midnight dates back to the end of the 19th century in Madrid. The tradition, signifying the twelve months of the year, is performed for good luck and has been borrowed across the world by Italy and nations in Latin America.



920

Calories
Per Serving



Hall of
Fame



Not Spicy

Let's Get Started!

Preheat the oven to **425°F** using the convection setting or to **450°F** for conventional ovens.

⚡ For salmon **Personalized Protein** do not preheat the oven.



Step 1

- Roughly chop the **cremini mushrooms** into bite-size pieces.
- Strip the leaves from the sprigs of **thyme**, then roughly chop.
- ⚡ Place the **chicken breasts** onto paper towels and pat dry. Season both sides with salt and pepper.



Step 4

- Meanwhile, add the **harvest rice blend** to a microwave-safe bowl, cover with a damp paper towel, and microwave for 1 min. Stir, then microwave for 1 additional min. Stir in **half** of the **thyme** and season to taste with salt and pepper.
- After allowing the **chicken breasts** to rest, slice them into even pieces.



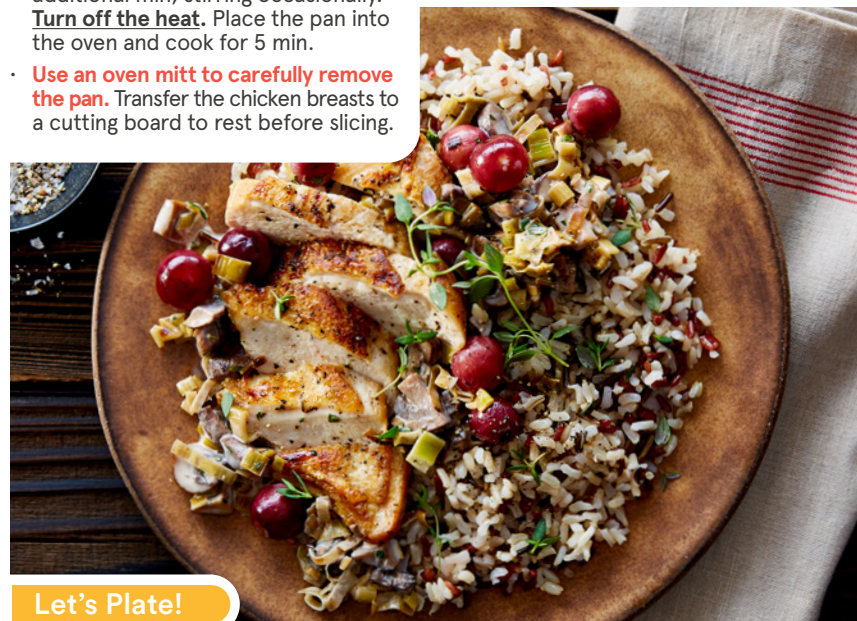
Step 2

- Place a large oven-safe saute pan onto the stovetop, add 1 tbsp. of cooking oil, and set the heat to **medium-high**. When the oil is hot, **carefully** place the **chicken breasts** skin-side down into the pan. Cook for 3 min to develop a browned crust.
- Lower the heat to **medium**. Use tongs to turn over the chicken and move it to one side of the pan. Add the **sliced leeks, cremini mushrooms**, and 1 tbsp. of cooking oil. Cook for 2 additional min, stirring occasionally. **Turn off the heat**. Place the pan into the oven and cook for 5 min.
- **Use an oven mitt to carefully remove the pan**. Transfer the chicken breasts to a cutting board to rest before slicing.



Step 3

- **Carefully** return the saute pan to the stovetop and set the heat to **medium**. Stir in the **red seedless grapes** and the **Sauterne cooking wine** and cook for 2 min, or until the smell of alcohol has cooked off.
- Pour in **half** of the **heavy cream**. Cook for 2-4 additional min, or until the sauce has thickened and coats your cooking spoon. Save the remaining cream to use in your kitchen as desired. **Turn off the heat**.



Let's Plate!

- Divide the harvest rice between serving plates, then arrange the sliced chicken alongside the rice. Spoon the leeks, mushrooms, and white wine cream sauce over the chicken and rice. Garnish with the remaining thyme as desired.

⚡ Personalized Proteins!

Follow all other listed cooking directions, but use the alternate steps below to prepare your selected protein.

Organic Chicken Breasts – 200 cal

Follow the recipe as written.

Salmon Fillets – 290 cal

Do not preheat the oven. Use two nonstick saute pans for preparation. **Carefully** place the **salmon fillets** into the pan, skin-side down. Use a spatula to briefly press the skin into the pan and cook for 2 min. Lower the heat to **medium** and cook for 2 additional min, or until the skin is golden-brown. Use a spatula to carefully turn over the fillets and cook for 2-3 additional min, or to your desired doneness. **Turn off the heat** and place the salmon on serving plates.

Meanwhile, place a second nonstick saute pan with 2 tbsp. of cooking oil over **medium** heat. When the oil is hot, add the **sliced leeks and cremini mushrooms**. Season with salt and pepper. Cook for 3-4 min, or until lightly browned and softened. Continue as written in **Step 3**.

▶ Please Note:

Cooking times may vary due to different appliances and temperatures.

Adjust cooking times accordingly.

When adding ingredients to a hot pan **always be careful of any oil splatter.**