



Few cooking aromas can top chicken roasting in the oven. We've added marinated olives 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

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|------------------------|------------------|
| fresh thyme | rosemary sprigs |
| jidori chicken breasts | brussels sprouts |
| chicken seasoning mix | pee wee potatoes |
| caramelized onions | moroccan olives |
| sliced lemons | polenta |



Ingredient Breakdown

Chicken seasoning mix: fennel seed, anise seed, white pepper, salt, curry powder

Polenta fries: stone ground corn, water, milk, garlic, rosemary, mozzarella cheese, 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 425°F. Wash and dry all non-prepped produce. Remove the **thyme** leaves from the stems and coarsely chop. Place the **chicken breasts** into a bowl and season with the **chicken seasoning mix** and massage to coat. Drizzle 2-3 Tbsps of oil onto the chicken and toss in the chopped thyme. Glaze the bottom of a large sauté pan and place over medium heat.

When the oil is very hot, sear the chicken, skin side down. 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 breasts until it's time to flip them).* Remove from heat.



Place the **caramelized onions**, the **lemon slices**, and **rosemary sprigs** underneath the cooked chicken breasts on the bottom of the ovenproof pan. Add the **Brussels sprouts**, **potatoes**, 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!



COOKING

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



ENCOURAGING KIDS TO TRY

Have a little one reluctant to try something new? Make things fun by giving them a toothpick to eat with. You just might find them a bit more willing to try what's on their plate!