

# Chicken Francese

Great cooks know that it only takes a few ingredients to create something magical, and this recipe is proof positive. Fluffy breaded chicken sautéed in a rich butter and wine sauce is pure magic over roasted carrots.

**35** *Minutes to the Table*

**35** *Minutes Hands On*

**2 Whisks** *Easy*

## Getting Organized

### EQUIPMENT

Large Skillet with Cover  
Baking sheet  
Meat Tenderizer/Mallet  
(or small pot)

### FROM YOUR PANTRY

Olive Oil  
Salt & Pepper  
Flour (1/2 cup)  
Eggs (2)

### 5 MEEZ CONTAINERS

Carrots  
Parmesan Herb Butter  
Chicken Breast  
Lemon  
Wine Sauce

## Good To Know

**Our cage-free chickens thrive on an all-natural diet.** They are never fed growth hormones and receive no antibiotics in their feed, their water, through intramuscular injection, or even the egg...ever.

**Be sure to generously season your chicken** with salt and pepper before cooking. We recommend using ¼ tsp of each.

**Health snapshot per serving** – 700 Calories, 39g Fat, 51g Protein, 29g Carbs, 15 Freestyle Points

**Lightened-Up Health snapshot per serving** – 560 Calories, 24g Fat, 29g Carbs, 9 Freestyle Points by eliminating the butter from the egg mixture (i.e., using only half).

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

**SCAN QR CODE  
to view YouTube  
cooking video**



INGREDIENTS: Chicken Breast, Carrots, Parmesan, Parsley, Butter, Wine, Chicken Stock, Lemon.

*meez* meals

### 1. Cook the Carrots

Preheat your oven to 425. Arrange the **Carrots** in a single layer on a baking sheet. Drizzle with olive oil, salt and pepper and toss. Roast until the carrots are a deep, charred color, about 30 minutes, turning the sheet halfway through cooking. Transfer directly to serving plates.

### 2. Cook the Chicken

While the carrots are roasting, melt half of the **Parmesan Herb Butter** in the microwave or a small pot over low heat. Set aside to cool for a few minutes. Spread ½ cup flour on a plate. Roll the non-melted half of the parmesan herb butter in the flour, completely coating all sides. Set aside until step 3. Crack 2 eggs in a small bowl and add the melted parmesan herb butter. Gently whisk the mixture so as to break the yolks and combine with the egg whites and butter, but not to fully scramble everything together.

Very loosely wrap each **Chicken Breast** in plastic wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer/mallet or bottom of a small pot. Flip the chicken over and continue to pound until it is about ¼" thick and has doubled in size. Generously season with salt and pepper.

Dip the chicken into the egg mixture, coating both sides. Let any excess drip off and place into the flour to completely coat one side. Flip and coat the other side. Return the chicken to the egg mixture one more time to fully coat both sides with egg. Let any excess drip off and repeat for each breast.

Heat 1½ Tbsp olive oil in a large skillet over medium-high heat. When the oil is hot, add the chicken to the skillet and cook, without moving, until the sides brown, about two minutes. Flip and continue cooking until other side is brown as well, about two more minutes. Remove from the heat and set aside to rest for 5 minutes. The chicken will NOT be fully cooked at this point but will finish in step 3. Do not wipe out the skillet.

### 3. Finish Cooking the Chicken and Sauce

While the chicken is resting, slice the **Lemon** into ¼" thick, round slices and add to the now-empty skillet over high heat. Cook until the lemons slices char on one side, about 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out the skillet. Add the **Wine Sauce** and cook until it reduces in half, about 3 minutes. Add the flour-coated parmesan herb butter from step 2 and stir continuously until the sauce thickens slightly, about 2 additional minutes.

Reduce the heat to low and add the chicken back to the skillet. Spoon the sauce over top of each breast, cover and simmer until the chicken is fully cooked, about 2 to 3 minutes.

### 4. Put It All Together

Serve the chicken on top of the carrots with the charred lemons on top (to give it some lemon flavor). Spoon the remaining sauce from the skillet over top of the entire dish. Enjoy!

Instructions for two servings.

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**