



TABLE & TWINE



# LEMON GARLIC CHICKEN

Chicken



Veggies



Sweet Potatoes



Velouté



- STEP 1** Preheat oven to 425°F (400°F for convection oven). Unwrap brown parchment paper and lay flat on a baking sheet. Remove chicken from plastic and place on parchment paper. Place in hot oven for 15 minutes or until chicken reaches an internal temperature of 165°F.
- STEP 2** When 5 minutes have passed, add the sautéed carrots, parsnips and charred red onion to the baking sheet with the chicken and roast for the remaining 10 minutes, or until warm.
- STEP 3** While the chicken and vegetables are roasting, transfer smashed roasted sweet potatoes to a microwave-safe dish. Microwave on high for 2-3 minutes, stirring occasionally until hot. Then, transfer roasted mushroom chicken velouté to a microwave-safe dish and microwave on high for 30-60 seconds, stirring after 30 seconds.
- STEP 4** Serve roasted mushroom chicken velouté over heated chicken breasts. Serve immediately.