

CHICKEN SUPREME

with Butternut Squash and Spätzle

Preparation Time: 20-25 Mins

INGREDIENTS

- Chicken Supreme
- Butternut Squash
- Spätzle
- Vinaigrette

FROM YOUR KITCHEN

- Salt & Pepper
- Oil
- Butter/Margerine
- 2 Frying Pans
- Baking Sheet
- Parchment Paper (optional)

STEP 1

WASH your hands and ORGANIZE your ingredients. We have conveniently provided a listing of the ingredients you will need in the order that you will need them.

STEP 2

Preheat oven to 375°.

STEP 3

Salt both sides of the chicken supreme.

STEP 4

Heat 1 tbsp oil in a frying pan on HIGH heat. Heat until oil is nearing a smoking point**

STEP 5

Sear chicken, skin side down for 3-4 minutes until golden brown.

STEP 6

Transfer to parchment lined baking sheet, remaining skin side down. Add squash, scored*** side up, to baking sheet and BAKE for 20-25 minutes.

STEP 7

In a non-stick frying pan, ADD 1 tsp oil and 1 tsp butter on MED heat. Once butter is melted, spätzle and sauté for 3-4 minutes. Finish with 1 more tsp of butter and sauté until melted.

LET'S EAT!

PORTION and plate your chicken thighs, squash and spätzle.

Salt & pepper to taste.

SHAKE vinaigrette vigorously and GARNISH chicken and serve!

PRO TIP

** Oil is at temperature when a droplet of water instantly sizzles on contact

*** Surface cutting technique, usually in a criss cross pattern

ALL PACKAGING IS COMPOSTABLE

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