

Can't choose between savory and sweet? Here's a delicious way to enjoy both. One Potato's herb and lemon roasted chicken, baked french fries, and fresh carrots with just a hint of dill is both easy to make and family-friendly. It's an all-around winner, winner, chicken dinner.



## Ingredients

marinated Jidori chicken breasts	fresh dill
yukon gold fries	herb butter
honey ginger glaze	one potato ketchup
summer carrots	

## Ingredient Breakdown

**Jidori Chicken Breast Seasoning:** organic extra-virgin olive oil with fresh herbs, lemons, and reduced pinot grigio

**Herb Butter:** sweet butter with rosemary, thyme, chia seeds, lemon juice, salt

**Honey Ginger Glaze:** wildflower honey, water, vinegar, fresh ginger

**One Potato Ketchup:** tomatoes, dried guajillo chilies, dried Mexican chilies, chipotle en-adobo, cane sugar, white wine vinegar, onions, garlic, aromatics spices, and salt

**WHAT YOU NEED** two baking sheets, a medium pot, or skillet, kitchen towel, two medium bowls

**FROM YOUR PANTRY** oil, salt (kosher, or sea)



Preheat the oven to 450 F. Open the marinated chicken and drain the marinade. Using tongs, lay the breasts skin side up on a baking sheet. Sprinkle lightly with salt, and then turn the breasts over so the skin is facing down and sprinkle the skinless side lightly with salt.

Place the chicken into the oven and cook for 15-20 minutes, or until cooked through.



Drain the water from the fries, and dry lightly with a towel. Note: Our fries have been par cooked already, so they'll come out perfect after baking. Place in a bowl, and drizzle 2-3 Tbsp of oil over the potatoes. Toss well to coat. Place onto a second baking sheet tray in a single layer, then place into the oven on the lower rack, below the chicken. Cook for 10-15 minutes, or until golden brown. Remove from the oven and sprinkle with salt.



Place ½ cup of water into a pot or skillet, and whisk in the honey ginger glaze. Bring to a boil and stir in the carrots. Reduce to a simmer and cook for 3-4 minutes, or until tender. While the carrots are cooking, pick the dill leaves from their stems, and cut into 1/4" lengths. Remove the carrots from the heat, stir in the dill and then transfer the carrots into a bowl until ready to serve.



Cut the herb butter in its parchment paper into 1/3" pieces, then unwrap the butter. Place the chicken on plates, and serve with carrots. Finish by placing a piece or two of herb butter onto each chicken breast while still hot.

Serve with the french fries, the carrots, and the one potato ketchup.

Enjoy!



### GETTING KIDS INVOLVED

Kids can put the french fries on the baking sheet and, with adult supervision, they can cut the fresh dill.

### TIPS



### COOKING

Try using kitchen scissors to chop your fresh dill. It makes the process much easier.



### ENCOURAGING KIDS TO TRY

For picky eaters, reserve some of the carrots and some of the honey ginger glaze, or offer their favorite sauce for dipping.