

## **Honey-Roasted Chicken with Glazed Carrots and Parsnips**

### ***Ingredients (2 people)***

2 chicken breasts (with skin)  
2/3 shallots  
1 apple  
butter  
Acacia honey  
White wine  
Salt and pepper  
2 carrots  
2 parsnips  
1 lemon (juice)  
sugar



### ***Preparation***

Carefully peel both the carrots and the parsnips, then cut them in sticks roughly 5cm long.

Melt some butter (c.30gr) in a medium size pan, add the vegetables. Let them brown for couple of minutes at a high flame, then add the lemon juice and 2 or 3 spoons of sugar. Stir very well, the cover with a lid and decrease the fire intensity. Mix from time to time until the liquid is almost entirely evaporated. Vegetables should at this point be soft. Sprinkle some salt over the vegetables and keep them warm.

Switch on the oven in grill mode (200°). In another pan let 30gr of butter melt and then add the chicken breasts. Roast them for approximately 5 minutes on each side, but leaving them slightly raw. Remove them from the pan and keep them warm on the side. In the same pan (do not wash it!) add the shallots and half apple previously cut in thin slices, let them take up the flavor and then add salt and pepper. Once the shallots turn light brown add two tablespoon of honey. Place the chicken back in the pan and pour some white wine (let it evaporate)

Once the wine has evaporated, place the chicken in an oven tray and grill it for a couple of minutes. Serve very hot with the glazed vegetables on the side and some apple slices roasted in some butter.

