Pan roasted herb chicken breast with glazed carrots and endive

2 lb chicken breast

As needed: peanut oil

Oregano

Rosemary

Sage

2 medium Belgian endives

3 medium carrots, small dice

As needed (probably 1-2 Tablespoons) Soy Sauce/tamari

As needed (probably 1-2 Tablespoons) Lime Juice

As needed (probably 1 Tablespoon) Honey

1.5 T corn starch/arrowroot

Salt and pepper to taste

Garnish: Roasted unsalted cashew pieces

1. Preheat oven to 400F
2. Mince the herbs very well
3. Brush chicken breast with olive oil
4. Sprinkle salt onto chicken breast
5. Rub herbs onto chicken breast
6. Cook whole chicken breasts in sauté pan at medium-high heat until browning on one side.
7. Move to oven and bake until internal temperature reaches 160F
8. While chicken is baking, Heat olive oil in a sauce pot on stove set to medium
9. Slice endives in half the long way and place into pan cut side down for 3 minutes
10. While the endives are cooking, peel and dice the carrots
11. Remove endives and set aside. Then add the carrots to the pot and sauté for 2 minutes.
12. Add the soy sauce/tamari, lime juice and honey to the pot. Let cook for a few minutes. While the carrots are cooking, remove the root from and small dice the endives.
13. Once the carrots are about halfway done, remove from heat, add endives and corn starch/arrowroot, and cook until both the carrots are al dente, and the sauce has thickened to a glaze.
14. Add diced chicken and drippings from the sauté pan to the pot, season with salt and pepper to taste, and serve garnished with cashew pieces.