

Apple Cider-Glazed Chicken

with Roasted Brussels Sprouts, Potatoes & Carrots

In this wholesome meal, we're reveling in some of the season's most exquisite flavors. We're glazing our chicken with a truly special pan sauce: rich demi-glaze and butter combine with Dijon mustard and apple cider (more than just a delicious cool-weather beverage!) for harmonious results. As a real treat, we're adding roasted chestnuts, whose robustness puts the sauce over the top. Earthy-sweet fall vegetables, crisped up in the oven with fresh thyme, make for an effortlessly tasty side.



Ingredients

4 Boneless, Skinless Chicken Breasts
14 Ounces Yukon Gold Potatoes
3 Carrots
1 Red Onion
 $\frac{3}{4}$ Pound Brussels Sprouts

1 Bunch Thyme

Knick Knacks

3 Tablespoons Chicken Demi-Glace
2 Tablespoons Butter
2 Tablespoons Roasted, Peeled Chestnuts
2 Tablespoons Whole Grain Dijon Mustard
 $\frac{1}{2}$ Cup Apple Cider

Makes 4 Servings

About 590 Calories Per Serving

Prep Time: 10 min | Cook Time: 25 to 35 min



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp190

1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Cut off and discard the stem ends of the Brussels sprouts; cut into bite-sized pieces. Medium dice the potatoes. Peel the carrots and cut into bite-sized pieces. Peel and medium dice the onion. Pick the thyme leaves off the stems; discard the stems. Roughly chop the chestnuts.

2



Roast the vegetables:

Place the **Brussels sprouts, potatoes, carrots, onion** and **thyme** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer. Roast 25 to 27 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

3



Cook the chicken:

Once the vegetables have roasted for about 10 minutes, pat the **chicken** dry with paper towels; season with salt and pepper on both sides. In a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned chicken. Cook 3 to 5 minutes per side, or until browned and just cooked through. Transfer to a plate, leaving any browned bits (or fond) in the pan.

4



Make the pan sauce:

Add the **chestnuts, mustard, demi-glaze, apple cider** and **¼ cup of water** to the pan of reserved fond; season with salt and pepper. Cook on medium-high, stirring occasionally and scraping up any fond from the bottom of the pan, 3 to 5 minutes, or until the liquid has reduced in volume by about half.

5



Glaze the chicken:

Add the **butter** and **cooked chicken** to the pan. Cook, occasionally spooning the sauce over the chicken, 1 to 2 minutes, or until the chicken is thoroughly coated. Remove from heat and season with salt and pepper to taste.

6



Plate your dish:

Divide the **roasted vegetables** and **glazed chicken** between 4 plates. Top each with a few spoonfuls of the **pan sauce**. Enjoy!