

Apple Cider-Glazed Chicken

with Roasted Parsnip, Carrots & Baby Sweet Potatoes

Winter vegetables are perfect for roasting—and we're roasting an assortment of them here, to serve along with our gourmet chicken. Baby sweet potatoes, red onion, carrots and parsnip (a delicious relative of the carrot) turn crispy, creamy and sweet when roasted. To prepare the chicken for its rich glaze of apple cider, whole grain mustard and demi-glace, we're pan-searing the thighs in two batches. This not only ensures flavorful, even browning, but also leaves behind more tasty bits of chicken fond in the pan for the glaze.



Ingredients

- 8 Boneless, Skinless Chicken Thighs
- 2 Carrots
- 1 Red Onion
- 1 Parsnip
- 1 Pound Baby Sweet Potatoes
- 1 Bunch Parsley
- 1 Bunch Thyme

Knick Knacks

- 4 Tablespoons Butter
- 3 Tablespoons Chicken Demi-Glace
- 2 Tablespoons Whole Grain Dijon Mustard
- ¼ Cup Apple Cider

Makes 4 Servings

About 600 Calories Per Serving

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



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp210

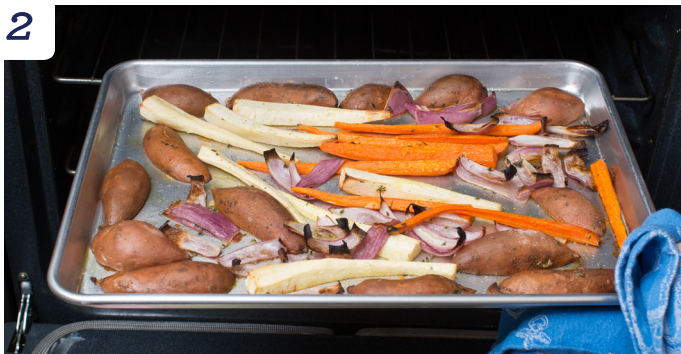
1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Peel the parsnip and cut lengthwise into $\frac{3}{4}$ -inch-thick strips. Peel the carrots and quarter lengthwise. Halve the sweet potatoes lengthwise. Peel the onion and cut into 1-inch-wide wedges; separate the layers. Pick the parsley and thyme leaves off the stems; discard the stems.

2



Roast the vegetables:

Place the **parsnip**, **carrots**, **sweet potatoes**, **onion** and **half the 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 26 to 28 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

3



Cook the chicken:

While the vegetables roast, 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. Working in 2 batches, add the seasoned chicken; cook 3 to 5 minutes per side, or until browned and just cooked through.

4



Make the pan sauce & glaze the chicken:

Return the first batch of **cooked chicken** to the pan with the second batch. Add the **demi-glaze**, **apple cider**, **mustard** and $\frac{1}{4}$ **cup of water**. Cook, stirring frequently and scraping up any fond from the bottom of the pan, 3 to 5 minutes, or until the sauce is slightly reduced in volume and the chicken is thoroughly coated. Add the **butter**. Cook, stirring occasionally and spooning the sauce over the chicken, 1 to 2 minutes, or until well combined. Remove from heat and season with salt and pepper to taste.

5



Serve your dish:

Transfer the **glazed chicken**, **pan sauce** and **roasted vegetables** to a serving dish. Garnish with the **parsley** and **remaining thyme**. Enjoy!