

Seared Chicken & Potato Salad

with Sweet & Sour Cabbage

In this recipe, we're serving up juicy chicken (dredged in flour and pan-seared) with a duo of German-inspired side dishes. We're braising delicate savoy cabbage with honey and apple cider vinegar, turning it tender and delicious. To complement the cabbage, we're also making a filling potato salad with whole grain Dijon mustard and fresh herbs. All together, it makes for a warming winter dinner, rich with the robust flavors of hearty German cooking.

Ingredients

- 4 Boneless, Skinless Chicken Breasts
- 2 Scallions
- 1 Lemon
- 1 Pound Red Potatoes
- 1 Yellow Onion
- $\frac{3}{4}$ Pound Savoy Cabbage

1 Bunch Parsley

Knick Knacks

- 1 Tablespoon Honey
- 1 Tablespoon Whole Grain Dijon Mustard
- $\frac{1}{4}$ Cup All-Purpose Flour
- $\frac{1}{4}$ Cup Apple Cider Vinegar

Makes 4 Servings

About 565 Calories Per Serving

Prep Time: 15 min | Cook Time: 30 to 40 min



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Recipe #226

1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a large pot of salted water to boiling on high. Medium dice the potatoes. Peel and thinly slice the onion. Remove and discard the cabbage core; thinly slice. Cut off and discard the scallion roots; thinly slice, separating the white bottoms and green tops. Pick the parsley off the stems; discard the stems and thinly slice the leaves. Quarter and deseed the lemon.

2



Cook the potatoes:

Add the **potatoes** to the pot of boiling water. Cook 8 to 10 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Set aside in a warm place.

3



Braise the cabbage:

While the potatoes cook, in a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **onion**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened. Add the **cabbage**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly wilted. Stir in the **honey**, $\frac{3}{4}$ of the **vinegar** and $\frac{1}{4}$ **cup of water**. Loosely cover the pan with aluminum foil; reduce the heat to medium-low. Simmer 10 to 12 minutes, or until the cabbage is very tender and the liquid has cooked off; season with salt and pepper to taste. Transfer to a bowl and set aside in a warm place. Carefully rinse and dry the pan.

4



Make the potato salad:

While the cabbage braises, add the **parsley**, **mustard**, **white bottoms of the scallions** and **remaining vinegar** to the pot of **cooked potatoes**. Drizzle with olive oil and stir to thoroughly combine; season with salt and pepper to taste.

5



Coat & cook the chicken:

Place the **flour** on a plate. Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat the chicken in the flour (tapping off any excess). In the pan used to braise the cabbage, heat a thin layer of oil on medium-high until hot. Once hot enough that a pinch of flour sizzles immediately when added to the pan, add the chicken. Cook 4 to 6 minutes per side, or until golden brown and cooked through. Divide between 4 plates.

6



Serve your dish:

Divide the **potato salad** and **braised cabbage** between the plates of **cooked chicken**. Garnish with the **green tops of the scallions**. Serve with the **lemon wedges** on the side. Enjoy!