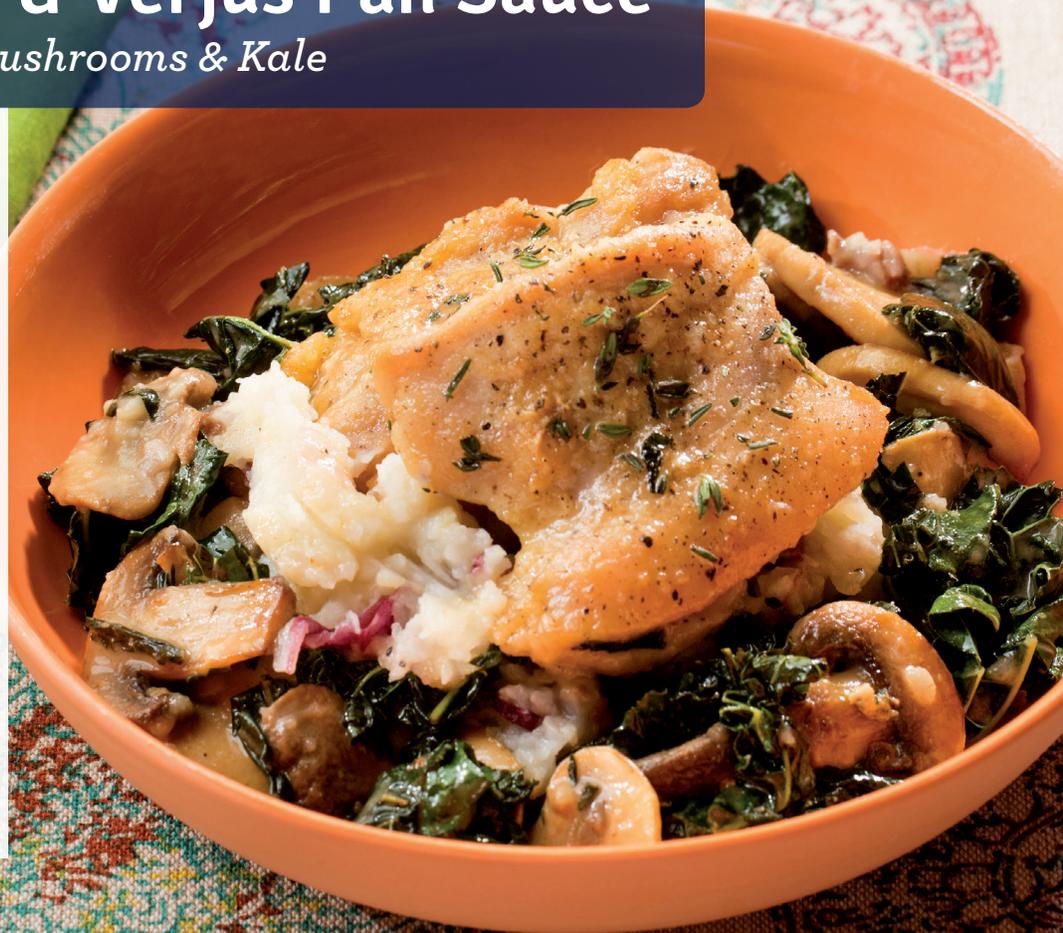


# Seared Chicken & Verjus Pan Sauce

*with Mashed Potatoes, Mushrooms & Kale*

Used in cooking since the Middle Ages, verjus is the juice pressed from grapes just before they're ripe—the word itself translates from French as “green juice,” in reference to the grapes' early harvesting. Here, we're combining its mellow tartness with crème fraîche to make a delicious pan sauce for this delightfully rustic dish. We're pan-searing chicken, then finishing it in the sauce along with hearty lacinato kale and mushrooms. A dollop of mashed potatoes to soak up some of the savory sauce and fragrant, woody thyme complete this comforting dish.

 **Blue Apron Wine Pairing**  
Iris Vineyards Pinot Noir, 2014



## Ingredients

- 4 Boneless, Skinless Chicken Thighs
- 6 Ounces White Mushrooms
- 1 Bunch Lacinato Kale
- $\frac{3}{4}$  Pound Red Potatoes
- 1 Bunch Thyme

## Knick Knacks

- 3 Tablespoons All-Purpose Flour
- 2 Tablespoons Butter
- 2 Tablespoons Crème Fraîche
- 2 Tablespoons Verjus Blanc

**Makes:** 2 servings | **Calories:** about 760 per serving  
**Prep Time:** 10 minutes | **Cook Time:** 25–35 minutes

1



### Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Large dice the potatoes. Thinly slice the mushrooms. Remove and discard the kale stems; roughly chop the leaves. Pick the thyme leaves off the stems; discard the stems and roughly chop the leaves.

2



### Cook & mash the potatoes:

Add the **potatoes** to the pot of boiling water and cook 15 to 17 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Off the heat, add **half the butter**. Using a fork, mash the mixture to your desired consistency; season with salt and pepper to taste. Set aside in a warm place.

3



### Coat & cook the chicken:

While the potatoes cook, place the **flour** on a plate. Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat the seasoned chicken in the flour (tapping off any excess). In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the coated chicken and cook 3 to 5 minutes per side, or until browned and cooked through. Transfer to a plate and set aside in a warm place, leaving any browned bits (or fond) in the pan.

4



### Brown the mushrooms:

While the potatoes continue to cook, add 2 teaspoons of olive oil to the pan of reserved fond; heat on medium-high until hot. Add the **mushrooms** and cook, stirring occasionally, 4 to 6 minutes, or until browned and softened; season with salt and pepper.

5



### Add the kale & make the sauce:

Add the **kale**, **verjus**, **crème fraîche** and  $\frac{1}{2}$  cup of **water** to the pan of mushrooms; season with salt and pepper. Cook, stirring occasionally and scraping up any fond from the bottom of the pan, 3 to 5 minutes, or until the kale has wilted and the sauce has reduced in volume by about half.

6



### Finish & plate your dish:

Add the **cooked chicken**, **remaining butter** and **all but a pinch of the thyme** to the pan of vegetables and sauce; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until thoroughly combined; season with salt and pepper to taste. Divide the **finished chicken and vegetables** and **mashed potatoes** between 2 dishes. Top with the **pan sauce**. Garnish with the **remaining thyme**. Enjoy!