

Seared Chicken

with Honeynut Squash, Brussels Sprouts & Apple

Fall vegetables are delectable enough simply roasted with oil, salt and pepper. Here, a simple pan sauce adds another layer of comforting flavor to our chicken and vegetables—including Brussels sprouts and honeynut squash (an especially sweet, miniature butternut). We're browning butter with fresh sage and almonds, topping off the dish with toasted, herbaceous notes and a bit of satisfying crunch.

Blue Apron Wine Pairings

Artan Sauvignon Blanc, 2015

Cubic Cabernet Sauvignon, 2014



Ingredients

- 2 Boneless, Skin-On Chicken Breasts
- 4 Ounces Brussels Sprouts
- 1 Gala Apple
- 1 Honeynut Squash
- 1 Lemon
- 1 Yukon Gold Potato
- 1 Bunch Sage

Knick Knacks

- 2 Tablespoons Almonds
- 2 Tablespoons Butter
- 1 Shallot

Makes: 2 servings | **Calories:** about 720 per serving

Prep Time: 15 minutes | **Cook Time:** 35–45 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/999

1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Cut off and discard the squash ends; using a knife, carefully peel. Halve the squash; remove and discard the pulp and seeds, then medium dice. Peel the shallot; cut into 8 wedges. Cut off and discard the Brussels sprout ends; cut in half. Medium dice the potato. Core and medium dice the apple. Using a peeler, remove the lemon rind, avoiding the pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon. Pick the sage off the stems; discard the stems and thinly slice. Roughly chop the almonds.

2



Start the vegetables:

Place the **squash**, **shallot**, **Brussels sprouts** and **potato** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast 16 to 18 minutes, or until lightly browned. Remove from the oven, leaving the oven on.

3



Cook the chicken:

Pat the **chicken** dry with paper towels; season both sides with salt and pepper. In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken, skin sides down; cook, loosely covering with foil, 5 to 7 minutes per side, or until browned and cooked through. Transfer to a plate, leaving any browned bits (or fond) in the pan, and set aside in a warm place.

4



Add the apple & finish the vegetables:

While the chicken cooks, carefully add the **apple** to the sheet pan of **roasted vegetables**; stir to combine. Roast 16 to 18 minutes, or until browned and the squash and potato are tender when pierced with a fork. Remove from the oven. Stir in the **lemon zest**; season with salt and pepper to taste.

5



Make the sage-brown butter sauce:

While the apple and vegetables roast, add the **butter** to the pan of reserved fond; heat on medium-high until melted. Cook, stirring occasionally and swirling the pan, 2 to 3 minutes, or until deep golden brown and fragrant. Add the **sage** and **almonds**. Cook, stirring occasionally, 30 seconds to 1 minute, or until fragrant. Turn off the heat. Stir in the **juice of all 4 lemon wedges** (be careful, as the sauce may splatter). Season with salt and pepper to taste.

6



Plate your dish:

Divide the **finished vegetables** and **cooked chicken** between 2 dishes. Top with a few spoonfuls of the **sage-brown butter sauce**. Enjoy!