

# Pan-Seared Chicken

*with Roasted Honeynut Squash & Apple*

Fall vegetables, with their natural sweetness, are delectable enough simply roasted with olive oil, salt and pepper. Here, a quick pan sauce adds another comforting layer to our pan-seared chicken and roasted produce—including honeynut squash (an especially sweet, miniature butternut) and crisp apple. Simply browned butter combined with fresh sage and almonds, our sauce tops off the dish with toasty, herbaceous flavor and satisfying crunch.

## Blue Apron Wine Pairings

Artan Sauvignon Blanc, 2015  
Cubic Cabernet Sauvignon, 2014



## Ingredients

- 2 Boneless, Skin-On Chicken Breasts
- 1 Gala Apple
- 1 Honeynut Squash
- 1 Yukon Gold Potato
- 1 Bunch Sage

## Knick Knacks

- 2 Tablespoons Butter
- 2 Tablespoons Roasted Almonds
- 2 Tablespoons White Wine Vinegar
- 1 Shallot

**Makes:** 2 servings

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



# Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/999](https://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; carefully peel the squash. Halve the squash lengthwise; using a spoon, scoop out and discard the pulp and seeds. Medium dice the squash. Medium dice the potato. Core and medium dice the apple. Peel and thinly slice the shallot. Pick the sage leaves off the stems; discard the stems and thinly slice the leaves. Roughly chop the almonds.

2



## Start the vegetables:

Place the **squash** 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



## Finish the vegetables:

Carefully add the **apple** and **shallot** to the sheet pan of **roasted vegetables**; stir to combine. Return to the oven and roast 9 to 11 minutes, or until browned and the squash and potato are tender when pierced with a fork. Remove from the oven and set aside in a warm place.

4



## Cook the chicken:

While the vegetables finish roasting, pat the **chicken** dry with paper towels; season with salt and pepper on both sides. 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 the pan with foil, 5 to 7 minutes per side, or until browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a plate and set aside in a warm place.

5



## Make the sage-brown butter sauce:

Add the **butter** to the pan of reserved fond; heat on medium-high until melted. Cook, stirring occasionally and swirling the pan, 1 to 2 minutes, or until deep golden brown and fragrant. Add the **sage**, **almonds** and **vinegar** (be careful, as the liquid may splatter). Cook, stirring occasionally, 30 seconds to 1 minute, or until fragrant. Remove from heat and 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!