

Sage & Walnut Chicken

with Turnip, Apple & Barley Salad

This hearty meal celebrates the best of autumnal comfort food. We're cooking chicken with butter, sage and walnuts, which adds delicate flavor while also creating a crispy, gourmet garnish. (Basting the chicken—or spooning the butter on top as it cooks—ensures perfectly succulent results.) Our creamy barley salad includes the sweet surprises of apple and Tokyo turnips (a deliciously sweet Japanese variety).

Blue Apron Wine Pairings

Backroads Cabernet Sauvignon, 2015

As de Copas Verdejo/Sauvignon Blanc, 2014



Ingredients

4 Boneless, Skinless Chicken Breasts
¾ Cup Pearled Barley
3 Cloves Garlic
2 Tokyo Turnips
1 Bunch Lacinato Kale
1 Granny Smith Apple
1 Bunch Sage

Knick Knacks

2 Tablespoons Apple Cider Vinegar
2 Tablespoons Butter
⅓ Cup All-Purpose Flour
¼ Cup Sour Cream
¼ Cup Walnuts

Makes: 4 servings | **Calories:** about 605 per serving

Prep Time: 15 minutes | **Cook Time:** 30–40 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp359

1



Cook the barley:

Heat a large pot of salted water to boiling on high. Once boiling, add the **barley** and cook, uncovered, 25 to 27 minutes, or until tender. Turn off the heat. Drain thoroughly and return to the pot.

2



Prepare the ingredients:

While the barley cooks, wash and dry the fresh produce. Peel and medium dice the turnips. Peel and finely chop the garlic. Remove and discard the kale stems; roughly chop the leaves. Pick the sage leaves off the stems; discard the stems and roughly chop the leaves. Roughly chop the walnuts. Core and medium dice the apple; place in a bowl with $\frac{1}{3}$ of the **vinegar** to prevent browning.

3



Cook the vegetables:

While the barley continues to cook, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **turnips** and **garlic**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until slightly softened and fragrant. Add the **kale** and $\frac{3}{4}$ **cup of water**. Cook, stirring occasionally, 9 to 11 minutes, or until the kale has wilted and the water has cooked off. Season with salt and pepper. Transfer to a bowl. Wipe out the pan.

4



Cook the chicken & make the sauce:

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 (shaking off any excess). In the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the coated chicken and cook 3 to 5 minutes on the first side, or until golden brown. Flip and cook 1 to 2 minutes, or until lightly browned. Add the **butter**, **sage** and **walnuts** to the pan. Cook, carefully spooning the sauce over the chicken, 2 to 4 minutes, or until the chicken is cooked through and the sage is crispy. Remove from heat.

5



Make the salad & serve your dish:

While the chicken cooks, add the **cooked vegetables**, **apple**, **sour cream** and **remaining vinegar** to the pot of **cooked barley**. Drizzle with olive oil and season with salt and pepper. Stir to thoroughly combine; season with salt and pepper to taste. Divide the salad between 4 dishes. Top with the **cooked chicken** and a few spoonfuls of the **sauce**. Enjoy!