Seared Chicken
with Turnip, Apple & Barley Salad

This hearty meal celebrates the best of autumnal comfort food. To make the most of the season’s distinctive flavors, we’re frying fresh sage to create a unique, crispy garnish. Then, we’re using the oil left behind to cook our juicy chicken, infusing it with the herb’s delicately aromatic notes. On the side, a creamy barley salad gets pops of sweetness from apple and hakurei turnips (a deliciously mild 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 Hakurei Turnips
1 Bunch Lacinato Kale
1 Granny Smith Apple
1 Bunch Sage

Knick Knacks
2 Tablespoons Apple Cider Vinegar
¼ Cup Sour Cream

Makes: 4 servings
Prep Time: 15 minutes  |  Cook Time: 35–45 minutes
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.

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. Core and medium dice the apple; place in a bowl with ⅛ of the vinegar to prevent browning.

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 ¾ cup of water. Cook, stirring occasionally, 9 to 11 minutes, or until the kale has wilted and the water has cooked off. Transfer to a bowl; season with salt and pepper to taste. Wipe out the pan.

Fry the sage:
In the same pan, heat a thin layer of oil on medium-high until hot. Add the sage and cook, stirring occasionally, 1 to 2 minutes, or until crispy and fragrant. Leaving the oil in the pan, transfer to a paper towel-lined plate; immediately season with salt and pepper.

Cook the chicken:
Pat the chicken dry with paper towels; season with salt and pepper on both sides. Heat the pan of reserved oil on medium-high until hot. Add the seasoned chicken and cook 3 to 5 minutes per side, or until golden brown and cooked through. Turn off the heat.

Make the salad & plate 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. Garnish with the fried sage (tearing just before adding). Enjoy!