

# 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

## Knock Knacks

- 2 Tablespoons Apple Cider Vinegar
- ¼ Cup Sour Cream

**Makes:** 4 servings

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



For cooking tips & tablet view, visit [blueapron.com/recipes/fp359](https://blueapron.com/recipes/fp359)

Recipe #359

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. 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. Transfer to a bowl; season with salt and pepper to taste. Wipe out the pan.

4



## 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.

5



## 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.

6



## 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!