

# Pan-Seared Chicken

## *with Glazed Purple Carrots & Rice Pilaf*

For tonight's sophisticated dinner, we're cooking up a pair of stunning sides for juicy, pan-seared chicken. We're making a rice pilaf by cooking brown rice in a seasoned broth flavored with crushed grains of paradise--a spectacular spice with warming hints of lemon and black pepper. (Chefs, gently twisting and pressing down with a heavy pot on the sealed bag helps grind the spice and release its heady aroma.) Purple carrots, cooked in a simple glaze of butter and verjus (the tangy juice of young grapes) complete the dish with pleasant sweetness and gorgeous, rich color.



### Blue Apron Wine Pairings

Breëland Wine Cellars Malbec, 2015

Ventana Vineyards Chardonnay, 2014



## Ingredients

- 4 Boneless, Skinless Chicken Breasts
- 1 Cup Brown Rice
- 6 Purple Carrots
- 4 Cloves Garlic
- 4 Ounces Baby Kale
- 1 Yellow Onion
- 1 Bunch Chives

## Knick Knacks

- 2 Tablespoons Butter
- 2 Tablespoons Verjus Blanc
- 1 Teaspoon Grains of Paradise
- ¼ Cup All-Purpose Flour

**Makes:** 4 servings | **Calories:** about 650 per serving

**Prep Time:** 10 minutes | **Cook Time:** 35-45 minutes



For cooking tips & tablet view, visit [blueapron.com/recipes/fp367](https://blueapron.com/recipes/fp367)

Recipe #367



# Instructions

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1



## Prepare the ingredients:

Wash and dry the fresh produce. Peel and small dice the onion. Peel and finely chop the garlic. Leaving them in their sealed bag, gently crush the grains of paradise with the bottom edge of a pot. Peel the carrots; cut into 1/4-inch-thick pieces on an angle. Thinly slice the chives.

2



## Cook the rice:

In a medium pot, heat 1 tablespoon of olive oil on medium-high until hot. Add the **onion**, **garlic** and **grains of paradise**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until softened and fragrant. Add the **rice**, a **big pinch of salt** and **2 cups of water**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 25 to 30 minutes, or until the water has been absorbed and the rice is tender. Remove from heat; fluff with a fork.

3



## Cook the kale:

While the rice cooks, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **kale**; season with salt and pepper. Cook, stirring occasionally, 30 seconds to 1 minute, or until slightly wilted. Add **1/4 cup of water** and cook, stirring occasionally, 2 to 4 minutes, or until the kale has wilted and the water has cooked off. Transfer to a cutting board. When cool enough to handle, finely chop. Wipe out the pan.

4



## Cook the carrots:

While the rice continues to cook, in the same pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **carrots** and season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened. Add **3/4 cup of water** and cook, stirring occasionally, 12 to 14 minutes, or until the carrots have softened and the water has cooked off. Transfer to a bowl. Wipe out the pan.

5



## Coat & cook the chicken:

While the rice continues to cook, place the **flour** on a plate. Pat the **chicken** dry with paper towels; season both sides with salt and pepper. Working 1 piece at a time, thoroughly coat the seasoned chicken in the flour (tapping off any excess). Transfer to a plate. In the same pan, heat a thin layer of oil on medium-high until hot. Once hot enough that a pinch of flour sizzles immediately when added, add the coated chicken. Cook 3 to 5 minutes per side, or until browned and cooked through. Transfer to a plate, leaving any browned bits (or fond) in the pan. Set aside in a warm place.

6



## Glaze the carrots & serve your dish:

Add the **butter**, **cooked carrots**, **verjus** and **1/4 cup of water** to the pan of reserved fond; heat on medium-high until the butter has melted. Cook, stirring frequently, 3 to 4 minutes, or until the liquid has thickened and the carrots are coated. Remove from heat and season with salt and pepper to taste. Stir the **chopped kale** into the pot of **cooked rice**; season with salt and pepper to taste. Divide the finished rice, **cooked chicken** and glazed carrots between 4 dishes. Garnish with the **chives**. Enjoy!