

Seared Chicken

with Brown Rice & Glazed Carrots

For tonight's sophisticated dinner, we're preparing a pair of stunning sides for juicy, pan-seared chicken. We're teaming up brown rice with baby kale and Seckel pear—an exceptionally sweet, petite variety that adds a pleasant crunch. Purple carrots, glazed simply with butter and verjus (the tangy juice of young grapes), complete the dish with another layer of pleasant sweetness and majestic color.

Blue Apron Wine Pairings

Breëland Wine Cellars Malbec, 2015

Ventana Vineyards Chardonnay, 2014



Ingredients

- 4 Boneless, Skinless Chicken Breasts
- ¾ Cup Brown Rice
- 6 Purple Carrots
- 4 Cloves Garlic
- 2 Ounces Baby Kale
- 1 Seckel Pear

Knick Knacks

- 2 Tablespoons Butter
- 2 Tablespoons Verjus Blanc
- ¼ Cup All-Purpose Flour
- 1 Shallot

Makes: 4 servings

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



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp367

1



Prepare the ingredients:

Wash and dry the fresh produce. Peel and small dice the shallot. Peel and finely chop the garlic. Peel the carrots; cut on an angle into ¼-inch-thick pieces. Core and small dice the pear.

2



Cook the rice:

In a medium pot, heat 1 tablespoon of olive oil on medium-high until hot. Add the **shallot** and **garlic**; 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 **1½ cups of water**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 32 to 35 minutes, or until the water has been absorbed and the rice is tender. Remove from heat; fluff with a fork.

3



Cook & chop 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 **¼ 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 **¾ 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). In the same pan, heat a thin layer of oil on medium-high until hot. Once the oil is hot enough that a pinch of flour sizzles immediately when added to the pan, 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 **¼ cup of water** (be careful, as the liquid may splatter) 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 thoroughly coated. Remove from heat and season with salt and pepper to taste. To the pot of **cooked rice**, add the **pear** and **chopped kale**. Stir to combine; season with salt and pepper to taste. Divide the finished rice, **cooked chicken** and glazed carrots between 4 dishes. Enjoy!