

Seared Chicken & Sage Gravy

with Carrots & Mashed Potato

Chefs, prepare for some serious comfort food. We're smothering tonight's chicken in a creamy white (or milk-based) gravy—which gets its warm, woodsy flavor from aromatic sage, one of the season's finest herbs. (A bit more sage, pan-fried to an enticing crispness, makes for a unique garnish alongside sweet pecans.) Mashed potato and sweet sautéed carrots round out this hearty meal.

Blue Apron Wine Pairings

Seigneurie de Chatillon Chardonnay, 2015
Rancho Petaluma Zinfandel, 2014



Ingredients

- 2 Boneless, Skinless Chicken Breasts
- $\frac{3}{4}$ Cup Milk
- 2 Carrots
- 2 Cloves Garlic
- 1 Yukon Gold Potato
- 1 Bunch Sage

Knick Knacks

- 2 Tablespoons Butter
- 2 Tablespoons All-Purpose Flour
- 2 Tablespoons Roasted Pecans

Makes: 2 servings

Prep Time: 10 minutes | **Cook Time:** 30–40 minutes

1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Medium dice the potato. Pick the sage leaves off the stems; discard the stems. Keep $\frac{1}{4}$ of the sage leaves whole; finely chop the remaining leaves. Peel the carrots and quarter lengthwise. Cut the carrots crosswise into 2-inch-long pieces. Peel and mince the garlic. Roughly chop the pecans.

2



Cook & mash the potato:

Add the **potato** to the pot of boiling water and cook 12 to 14 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Off the heat, add **half the butter** and **$\frac{1}{4}$ of the milk**. Using a fork, mash to your desired consistency; season with salt and pepper to taste. Set aside in a warm place.

3



Fry the sage:

While the potato cooks, in a large pan, heat a thin layer of oil on medium-high until hot. Add the **whole sage leaves** in a single, even layer and cook 30 seconds to 1 minute per side, or until dark green and crispy. Transfer to a paper-towel lined plate; immediately season with salt and pepper. Carefully discard the oil and wipe out the pan.

4



Cook the carrots:

While the potato continues to cook, in the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **carrots** and season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until slightly softened. Add **half the garlic**. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Transfer to a bowl. Rinse and wipe out the pan.

5



Coat & cook the chicken:

While the potato continues to cook, place $\frac{3}{4}$ of 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 (tapping off any excess). Transfer to a separate plate. In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the coated chicken and cook 5 to 7 minutes per side, or until golden brown and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a plate.

6



Make the gravy & plate your dish:

Add the **chopped sage**, **remaining butter** and **remaining garlic** to the pan of reserved fond; season with salt and pepper. Cook on medium-high, stirring frequently, 30 seconds to 1 minute, or until the butter has melted and the sage is fragrant. Add the **remaining flour**. Cook, stirring constantly, 30 seconds to 1 minute, or until well combined. Add the **remaining milk**. Cook, stirring frequently, 1 to 2 minutes, or until well combined and thickened. Season with salt and pepper to taste. Divide the **mashed potato**, **cooked carrots** and **cooked chicken** between 2 dishes. Top the chicken with the gravy. Garnish with the **pecans** and **fried sage**. Enjoy!