

# Seared Chicken & Pan Sauce

*with Apple, Kale & Potato Hash*

**PREP TIME:** 15 minutes

**COOK TIME:** 35-45 minutes

**SERVINGS:** 2

Tonight's meal is hearty winter cooking at its finest. Verjus blanc, the tart, fresh juice of young wine grapes, is the key to our rich pan sauce's pleasant tanginess—making it the perfect complement to the sweet sautéed apple and piquant mustard in our veggie hash. A garnish of chopped almonds adds a crunchy finish.



**BLUE APRON WINE PAIRING:**  
Arco von Kammersbründl Grüner Veltliner, 2015

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## Ingredients



2  
BONELESS,  
SKINLESS  
CHICKEN BREASTS



1 bunch  
KALE



1  
GALA APPLE



1  
RED ONION



1  
YUKON GOLD  
POTATO

## KNICK KNACKS:



2 Tbsp  
BUTTER



2 Tbsp  
ROASTED  
ALMONDS



1 Tbsp  
VERJUS BLANC



1 Tbsp  
WHOLE GRAIN  
DIJON MUSTARD



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### 1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Quarter the potato lengthwise; cut crosswise into 1/2-inch-thick pieces.
- ☐ Peel and core the apple; quarter lengthwise, then cut crosswise into 1/2-inch-thick pieces.
- ☐ Peel the onion and thinly slice into rings.
- ☐ Remove and discard the kale stems; roughly chop the leaves.
- ☐ Roughly chop the almonds.

### 2 Brown the potato:

- ☐ In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **potato** and season with salt and pepper. Cook, stirring occasionally, 7 to 9 minutes, or until browned and slightly tender.

### 3 Make the hash:

- ☐ Add the **apple** and **onion** to the pan; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- ☐ Add the **kale** and season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.
- ☐ Add the **mustard** and 1/4 cup of **water**; cook, stirring occasionally, 3 to 4 minutes, or until the kale has wilted and the water has cooked off.
- ☐ Transfer to a plate; season with salt and pepper to taste. Rinse and wipe out the pan.



### 4 Cook the chicken:

- ☐ Pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- ☐ In the same pan, heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the seasoned chicken and cook 4 to 5 minutes per side, or until browned and cooked through.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a cutting board.



### 5 Make the pan sauce:

- ☐ Add the **butter** and 1/4 cup of **water** to the pan of reserved fond. Cook on medium, stirring frequently and scraping up any fond from the bottom of the pan, 1 to 2 minutes, or until slightly reduced in volume.
- ☐ Turn off the heat; stir in the **verjus** until well combined. Season with salt and pepper to taste.



### 6 Plate your dish:

- ☐ Slice the **cooked chicken** crosswise.
- ☐ Add any juices from the cutting board to the **pan sauce** and stir to combine.
- ☐ Divide the **hash** and sliced chicken between 2 dishes. Top with a few spoonfuls of the pan sauce. Garnish with the **almonds**. Enjoy!