

# Chicken & Dijon Pan Sauce

with Spicy Collard Greens & Apple Rice

2 SERVINGS












⌚ 30-40 MINS

 **Blue Apron**  
blueapron.com



For this comforting dish, you'll combine whole grain dijon with brown sugar, soy sauce, and more to make the irresistibly savory pan sauce that's spooned over seared chicken and sweet apple rice.

## Ingredients

-  2 Boneless, Skinless Chicken Breasts
-  ½ cup Jasmine Rice
-  1 Apple
-  2 cloves Garlic
-  1 bunch Collard Greens
-  1 Tbsp Light Brown Sugar
-  1 Tbsp Soy Sauce
-  1 Tbsp Apple Cider Vinegar
-  2 Tbsps Whole Grain Dijon Mustard
-  2 Tbsps Crème Fraîche
-  ¼ tsp Crushed Red Pepper Flakes



Serve a bottle of Blue Apron wine with this symbol: Light & Bright.  
[blueapron.com/wine](https://blueapron.com/wine)



## 1 Prepare the ingredients & start the sauce

- Wash and dry the fresh produce.
- Separate the **collard green** leaves from the stems; discard the stems, then roughly chop the leaves.
- Peel and roughly chop **2 cloves of garlic**.
- Core and small dice the **apple**. Place in a bowl; add **half the vinegar** and season with salt and pepper. Stir to combine. Set aside to marinate, stirring occasionally, at least 10 minutes.
- In a separate bowl, whisk together the **soy sauce, mustard, sugar, remaining vinegar**, and **¼ cup of water**.



## 2 Cook the rice

- Meanwhile, in a small pot, combine the **rice, a big pinch of salt**, and **1 cup of water**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 12 to 14 minutes, or until the water has been absorbed and the rice is tender.
- Turn off the heat and fluff with a fork. Cover to keep warm.



## 3 Cook the collard greens

- Meanwhile, in a medium pan (nonstick, if you have one), heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **chopped collard greens**. Cook, stirring occasionally, 1 to 2 minutes, or until slightly wilted.
- Add the **chopped garlic** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened.
- Add **¾ cup of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 2 to 3 minutes, or until the collard greens are wilted and the water has cooked off.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- 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 **1 teaspoon of olive oil** on medium-high until hot.
- Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.\*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



## 5 Finish the sauce

- To the pan of reserved fond, add the **sauce** (carefully, as the liquid may splatter). Cook on medium-high, stirring frequently and scraping up any fond, 2 to 3 minutes, or until slightly thickened.
- Turn off the heat. Stir in the **crème fraîche** until combined. Taste, then season with salt and pepper if desired.



## 6 Finish the rice & serve your dish

- To the pot of **cooked rice**, add the **marinated apple** (including any liquid); season with salt and pepper. Stir to combine.
- Serve the **cooked chicken** with the **finished rice** and **cooked collard greens**. Top the chicken and rice with the **finished sauce**. Enjoy!



\*An instant-read thermometer should register 165°F.

### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: 650, Total Carbohydrates: 70g, Dietary Fiber: 5g, Added Sugars: 7g, Total Fat: 18g, Saturated Fat: 6g, Protein: 45g, Sodium: 1780mg.

\*\*See full Nutrition Facts on your Current page in the Blue Apron app or at [blueapron.com](https://blueapron.com).

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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