

Chicken & Stewed White Beans

with *Thyme Breadcrumbs*

TIME: 25-35 minutes

SERVINGS: 2

Tonight's recipe takes inspiration from cassoulet, a hearty, slow-cooked white bean stew from southwestern France. We're pairing cannellini beans with carrots and kale in a light broth, which get enticing aroma from shallot, garlic, and woody thyme. A bit of Dijon mustard stirred into the beans during cooking perfectly balances out the dish's richness. It all makes for a hearty companion to seared chicken, topped with crunchy toasted breadcrumbs, seasoned with a bit more thyme. (Chefs, you may receive green curly, dark green Lacinato, or red kale.)

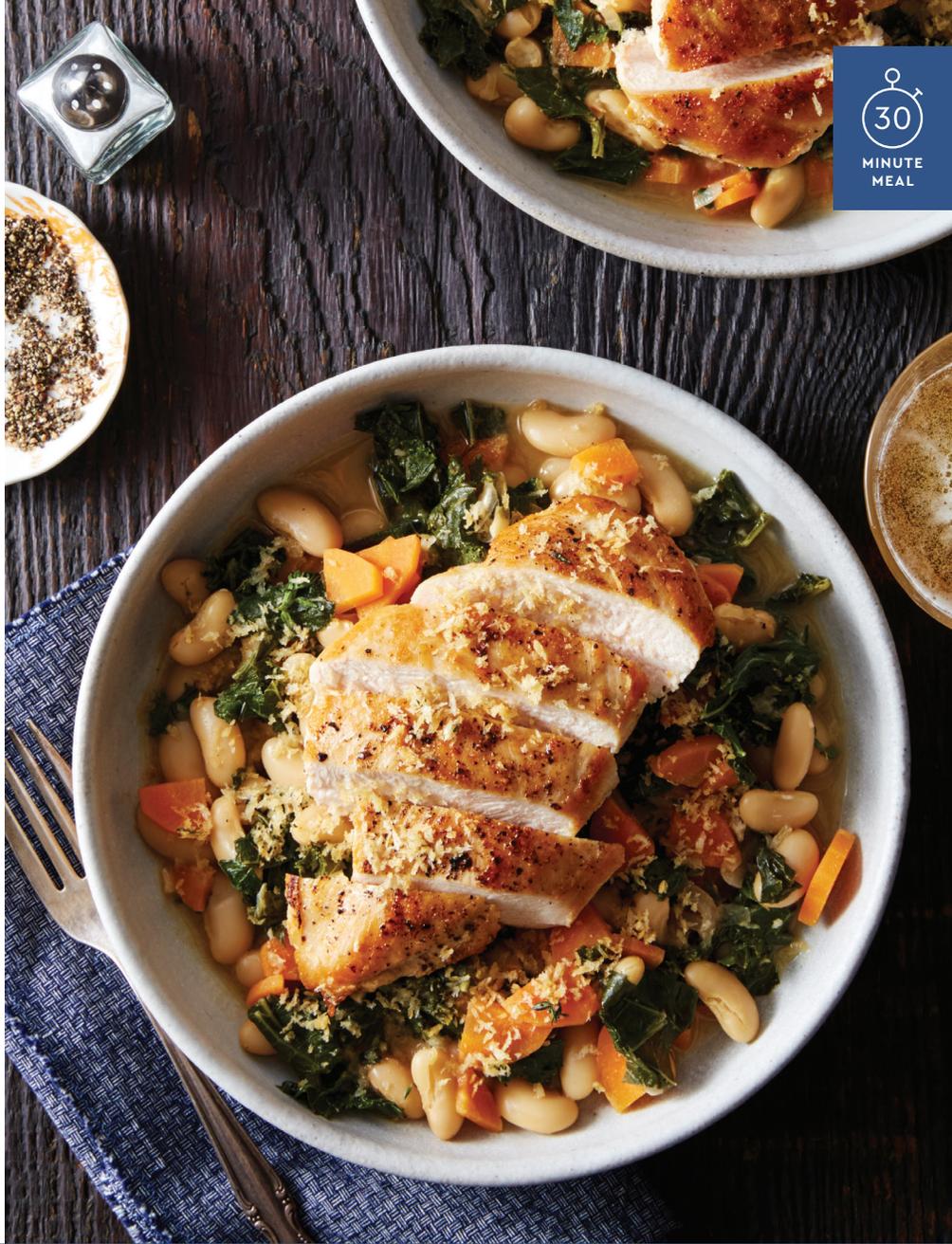


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Crisp & Minerally

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30
MINUTE
MEAL

Ingredients



2
BONELESS,
SKINLESS
CHICKEN BREASTS



1 1/2 cups
CANNELLINI
BEANS



2
CARROTS



2 cloves
GARLIC



1 bunch
KALE



1 bunch
THYME

KNICK KNACKS:



1 Tbsp
DIJON MUSTARD



1
SHALLOT



1 Tbsp
RED WINE
VINEGAR



1/4 cup
PANKO
BREADCRUMBS



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1 Brown the chicken:

- Pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- In a medium pan, heat 2 teaspoons of olive oil on medium-high until hot.
- Add the seasoned chicken and cook 3 to 5 minutes per side, or until browned.
- Leaving any browned bits (or fond) in the pan, transfer to a plate.



2 Prepare the ingredients:

- While the chicken browns, wash and dry the fresh produce.
- Peel and thinly slice the shallot.
- Peel and roughly chop the garlic.
- Peel the carrots; quarter lengthwise, then thinly slice crosswise.
- Remove and discard the kale stems; roughly chop the leaves.
- Drain and rinse the beans.
- Pick the thyme leaves off the stems; discard the stems.



3 Cook the vegetables:

- Add 2 teaspoons of olive oil to the pan of reserved fond. Heat on medium-high until hot.
- Add the **shallot**, **garlic**, and **carrots**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until lightly browned and slightly softened.
- Add the **kale** and **beans**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the kale is slightly wilted.
- Add the **mustard** and **1 cup of water**; cook, stirring occasionally, 6 to 7 minutes, or until the kale has wilted and the liquid is slightly thickened.



4 Make the thyme breadcrumbs:

- While the vegetables cook, in a separate medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium until hot.
- Add the **breadcrumbs**; season with salt and pepper. Cook, stirring frequently, 3 to 4 minutes, or until golden brown.
- Transfer to a bowl. Add **half the thyme**; stir to combine. Season with salt and pepper to taste.



5 Finish & plate your dish:

- Add the **browned chicken** and **remaining thyme** to the pan of **cooked vegetables**. Loosely cover the pan with aluminum foil; cook, stirring occasionally, 2 to 4 minutes, or until the liquid is slightly reduced in volume and the chicken is cooked through.
- Turn off the heat and stir in the **vinegar**. Season with salt and pepper to taste.
- Divide between 2 bowls. Drizzle with olive oil. Garnish with the **thyme breadcrumbs**. Enjoy!