

Seared Chicken & Pan Sauce

with Sautéed Potato & Apple

TIME: 35-45 minutes

SERVINGS: 2

To jazz up simple seared chicken, we're serving a seasonal medley featuring crisp apple, whose sweetness is perfectly contrasted by sharp Dijon mustard.



MATCH YOUR BLUE APRON WINE



Light & Bright

Serve a bottle with this symbol for a great pairing.



Ingredients



2
BONELESS,
SKINLESS
CHICKEN THIGHS



1
APPLE



1 bunch
KALE



1
RED ONION



6 oz
YUKON GOLD
POTATO

KNICK KNACKS:



2 Tbsps
BUTTER



1 Tbsp
VERJUS BLANC



2 Tbsps
SLICED ROASTED
ALMONDS



1 Tbsp
WHOLE GRAIN
DIJON MUSTARD



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1 Prepare the ingredients:

- Wash and dry the fresh produce.
- Remove and discard the stems of the **kale**; roughly chop the leaves.
- Quarter the **potato** lengthwise; cut crosswise into 1/2-inch pieces.
- Peel, quarter, and core the **apple**; cut crosswise into 1/2-inch pieces. Peel and medium dice the **onion**.

2 Cook the kale:

- In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **chopped kale**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly wilted.
- Add 1/4 **cup of water**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the kale is wilted and the water has cooked off. Transfer to a bowl. Wipe out the pan.



3 Cook the vegetables:

- In the same pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **sliced potato**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until golden brown.
- Add the **sliced apple** and **diced onion**; season with salt and pepper. (If the pan seems dry, add a drizzle of olive oil.) Cook, stirring occasionally, 7 to 8 minutes, or until slightly softened.
- Add the **cooked kale** and **mustard**; cook, stirring frequently, 1 to 2 minutes, or until thoroughly combined and heated through. Turn off the heat. Loosely cover with aluminum foil to keep warm.

4 Cook the chicken:

- While the vegetables cook, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- In a separate medium pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken and cook 6 to 8 minutes per side, or until browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a plate. Carefully drain off and discard any excess oil from the pan.



5 Make the pan sauce & serve your dish:

- Add the **verjus**, **butter**, and 1/4 **cup of water** to the pan of reserved fond (be careful, as the liquid may splatter). Cook on medium-high, stirring constantly and scraping up any fond, 1 to 2 minutes, or until thoroughly combined and slightly thickened. Season with salt and pepper to taste.
- Serve the **cooked chicken** with the **cooked vegetables**. Top with the pan sauce and **almonds**. Enjoy!

