

Dijon Chicken Breasts & Apple Rice

with Spicy Collard Greens

2 OR 4 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
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Ingredients



2 Boneless, Skinless Chicken Breasts or 4 for 4 servings



1 bunch Collard Greens



1 Tbsp Soy Sauce or 2 Tbsps for 4 servings



1 Tbsp Light Brown Sugar



½ cup Long Grain White Rice or 1 cup for 4 servings



2 cloves Garlic



2 Tbsps Apple Cider Vinegar



¼ tsp Crushed Red Pepper Flakes



1 Apple or 2 for 4 servings



1 oz Butter or 2 oz for 4 servings



2 Tbsps Whole Grain Dijon Mustard



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COOK ALONG WITH



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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 or ½ cup of water if you're cooking 4 servings**.



2 Cook the rice

- Meanwhile, in a small pot, combine the **rice, a big pinch of salt**, and **1 cup of water or use a medium pot and 2 cups of water if you're cooking 4 servings**. Heat to boiling on high.
- Once boiling, reduce the heat to low. Cover and cook, without stirring, 13 to 15 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 or a large pan *if you're cooking 4 servings* (nonstick, if you have one), heat a drizzle 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.



Step 3 continued:

- Add **¼ cup of water or ½ cup of water if you're cooking 4 servings** (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 a drizzle 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 cutting board.



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 **butter** until melted and 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.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **finished rice** and **cooked collard greens**. Top the chicken and rice with the **finished sauce**. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.