

# Crispy Chicken & Apple Compote

with Pistachio & Pancetta Squash






2 SERVINGS






45-55 MINS

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## Ingredients\*

-  2 Boneless, Skinless Chicken Breasts
-  1 Pasture-Raised Egg
-  1 Apple
-  1 Tbsp Apple Cider Vinegar
-  2 Tbsps Roasted Pistachios

-  3 oz Diced Pancetta
-  ½ cup Panko Breadcrumbs
-  1 bunch Parsley
-  2 tsps Honey
-  1 Tbsp Weeknight Hero Spice Blend<sup>1</sup>

-  1 898 Squash
-  1 Lemon
-  1 ½ oz Feta Cheese
-  1 oz Dried Medjool Dates

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898 Squash



## TECHNIQUE TO HIGHLIGHT

You'll make these delicious cutlets by pounding chicken breasts until thin, coating them in egg and breadcrumbs, then pan-frying until golden brown and crispy. They're perfectly complemented by a tangy-sweet apple compote and squash topped with rich pancetta, feta cheese, and more.



Serve with Blue Apron wine that has this symbol  
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<sup>1</sup> Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley  
\*Ingredients may be replaced and quantities may vary.





"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients & make the date topping

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the ends of the **squash**. Quarter lengthwise; using a spoon, scoop out and discard the pulp and seeds.
- Grate the **apple** on the large side of a box grater, discarding the core.
- Roughly chop the **pistachios**.
- Pit and roughly chop the **dates**.
- Roughly chop the **parsley** leaves and stems.
- Quarter and deseed the **lemon**.
- In a bowl, combine the **chopped pistachios, chopped dates, half the chopped parsley, the juice of 2 lemon wedges, and 2 tablespoons of olive oil**; season with salt and pepper.



## 2 Roast the squash

- Line a sheet pan with foil.
- Place the **quartered squash** on the foil.
- Drizzle with **olive oil** and season with salt, pepper, and **half the spice blend**; toss to coat. Arrange in an even layer, cut side down.
- Roast 20 to 22 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.



## 3 Cook the pancetta & make the apple compote

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **pancetta**. Cook, stirring occasionally, 4 to 5 minutes, or until lightly browned and cooked through.
- Leaving any browned bits (or fond) in the pan, transfer to a paper towel-lined plate.
- To the pan, add the **grated apple** and **1 tablespoon of water** (carefully, as the liquid may splatter). Season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened.



## Step 3 continued:

- Add the **honey** (kneading the packet before opening) and **vinegar**. Cook, stirring frequently, 2 to 3 minutes, or until most of the liquid has cooked off.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Rinse and wipe out the pan.

## 4 Pound & bread the chicken

- Pat the **chicken** dry with paper towels. Place between two sheets of plastic wrap on a sturdy surface.
- Using the bottom of a heavy pan (or a meat mallet), pound the chicken to about a 1/4-inch thickness.
- Remove and discard the plastic wrap. Season with salt and pepper on both sides.
- Crack the **egg** into a shallow bowl; season with salt and pepper and beat until smooth.
- Place the **breadcrumbs** and **remaining spice blend** on a large plate; stir to combine.
- Working one piece at a time, thoroughly coat the **seasoned chicken** in the **beaten egg** (letting any excess drip off), then in the **seasoned breadcrumbs** (pressing to adhere). Transfer to a separate plate.



## 5 Cook the chicken

- In the same pan, heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of breadcrumbs sizzles immediately when added, add the **breaded chicken** (tapping off any excess). Cook 4 to 5 minutes per side, or until golden brown and cooked through.\*
- Transfer to a paper towel-lined plate; immediately season with salt.



## 6 Finish the squash & serve your dish

- Transfer the **roasted squash** to two serving plates; top with the **date topping, cooked pancetta, cheese** (crumbling before adding) and **remaining chopped parsley**.
- Serve the **cooked chicken** with the **finished squash**. Top the chicken with the **apple compote**. Serve the **remaining lemon wedges** on the side. Enjoy!



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

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CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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