

# Chicken & Dijon Pan Sauce

with Green Beans & Apple Rice

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**

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## Ingredients\*

 2 Boneless, Skinless Chicken Breasts

 ½ cup Long Grain White Rice

 6 oz Green Beans

 2 cloves Garlic

 1 Apple

 2 Tbsps Crème Fraîche

 2 Tbsps Apple Cider Vinegar

 2 Tbsps Whole Grain Dijon Mustard

 1 Tbsp Soy Sauce

 1 Tbsp Light Brown Sugar

 ¼ tsp Crushed Red Pepper Flakes



Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)

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\*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

### 1 Prepare the ingredients & start the sauce

- Wash and dry the fresh produce.
- Cut off and discard any stem ends of the **green beans**.
- 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, combine the **soy sauce, mustard, sugar, remaining vinegar**, and  $\frac{1}{4}$  **cup of water**.



### 2 Cook the rice

- Meanwhile, carefully rinse the **rice** (sifting through for any impurities). Drain thoroughly.
- 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, 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 green beans

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **green beans, 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 occasionally, 3 to 4 minutes, or until lightly browned and slightly softened.
- Transfer to a bowl. 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 **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.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **finished rice** and **cooked green beans**. Top the chicken with the **finished sauce**. 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, sesame, and wheat.  
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