

Pan-Roasted Chicken

with Lacinato Kale & Purple Potato Hash

“Meat and potatoes” is such a classic a dish that it has even inspired an expression, referring to something ordinary, yet essential. Well, we say meat and potatoes doesn’t have to be ordinary—in fact, it can be incredibly gourmet. We’re proving it with succulent chicken served atop a hash of purple potatoes and lacinato kale, two strikingly gorgeous and delicious vegetables. Fresh tarragon and a savory pan sauce complete this meal, an exceptional dinner for any occasion.



Ingredients

- 2 Airline Chicken Breasts
- 10 Ounces Purple Potatoes
- 1 Bunch Lacinato Kale
- 1 Granny Smith Apple
- 1 Red Onion
- 1 Bunch Tarragon

Knick Knacks

- 3 Tablespoons Chicken Demi-Glace
- 2 Tablespoons Butter
- 2 Tablespoons Sliced Almonds
- 2 Teaspoons Whole Grain Dijon Mustard

Makes 2 Servings

About 700 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Remove the chicken from the refrigerator to bring to room temperature. Large dice the potatoes. Separate the kale stems and leaves; discard the stems and roughly chop the leaves. Peel, core and medium dice the apple. Peel and medium dice the onion. Pick the tarragon leaves off the stems; discard the stems.

2



Brown the potatoes:

In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **potatoes** and season with salt and pepper. Cook, stirring occasionally, 7 to 9 minutes, or until browned.

3



Make the hash:

Add the **onion** to the pan of browned potatoes; reduce the heat to medium. Season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until the onion has softened slightly. Add the **kale, apple** and **2 tablespoons of water**; season with salt and pepper. Cook, stirring occasionally, 5 to 7 minutes, or until the kale has wilted. Stir in the **almonds, mustard** and **2 tablespoons of water**. Cook, stirring frequently, 30 seconds to 1 minute, or until well combined. Remove from heat and season with salt and pepper to taste.

4



Cook the chicken:

While the hash cooks, 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, skin side down first. Cook, loosely covering the pan with aluminum foil, 6 to 8 minutes per side, or until browned and cooked through. Transfer to a plate, leaving any browned bits (or fond) in the pan. Set aside in a warm place.

5



Make the pan sauce:

Heat the pan of reserved fond on medium until hot. Add the **chicken demi-glaze, butter** and **¼ cup of water**. Cook, stirring occasionally to scrape up any browned bits, 1 to 2 minutes, or until slightly thickened. Remove from heat and season with salt and pepper to taste.

6



Plate your dish:

Divide the **hash** and **cooked chicken** between 2 plates. Top each with a few spoonfuls of the **pan sauce**. Garnish with the **tarragon**. Enjoy!