



Sautéed Chicken, Apples & Onions

with Dijon Roasted Veggies



30-40min



2 Servings

Dijon mustard is a prepared condiment made from finely ground brown mustard seeds mixed with salt, spices, and white wine. Originating from Dijon, the capital of Burgundy, France—a region famous for their stellar wines—it only fits that their namesake mustard would include a touch of dry white wine. We use this luxe ingredient as a coating for buttery roasted veggies, served alongside juicy chicken.

What we send

- ½ lb Brussels sprouts
- 1 sweet potato
- 1 pkt Dijon mustard
- 1 medium yellow onion
- ¼ oz fresh thyme
- 1 apple
- 12 oz pkg boneless, skinless chicken breasts
- 1 pkt turkey broth concentrate

What you need

- garlic
- butter ¹
- olive oil
- kosher salt & ground pepper
- all-purpose flour ²
- apple cider vinegar (or vinegar of choice)

Tools

- rimmed baking sheet
- medium skillet

Allergens

Milk (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 720kcal, Fat 35g, Carbs 59g, Protein 45g



1. Prep veggies

Preheat oven to 450°F with a rack in the center. Set aside **2 tablespoons butter** to soften. Trim ends and any brown outer leaves from **Brussels sprouts**, then halve lengthwise (or quarter, if large). Finely chop **1 teaspoon garlic**. Scrub **sweet potato**, halve lengthwise, and slice crosswise into ¼-inch half moons.



2. Roast veggies

On a rimmed baking sheet, toss **sweet potatoes** and **Brussels sprouts** with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on center oven rack until tender and browned in spots, 15-18 minutes. Using a spatula, toss veggies on baking sheet with **Dijon mustard**, **chopped garlic**, and **softened butter**. Roast on center oven rack until garlic is fragrant, 2-3 minutes more.



3. Prep sauce ingredients

Meanwhile, halve and thinly slice **half of the onion** (save rest for own use). Pick and finely chop **2 teaspoons thyme leaves**; discard stems. Quarter **apple**, discard core and stem, and thinly slice.



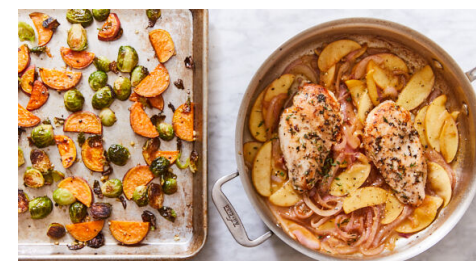
4. Season & cook chicken

Pat **chicken** dry, then pound to an even ½-inch thickness, if necessary. Season all over with **salt**, **pepper**, and **half of the chopped thyme**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until browned and cooked through, 3-4 minutes per side. Transfer to a plate. Return skillet to stovetop.



5. Cook apples & onions

Heat **1 tablespoon oil** in same skillet over medium-high. Add **apples** and **onions**; cook, stirring, until tender, 4-5 minutes (reduce heat if browning too quickly). Stir in **1 teaspoon flour**; cook, stirring to coat, 30 seconds. Add **turkey broth concentrate**, **½ cup water**, and **1 teaspoon vinegar**. Cook over medium heat until sauce is reduced by half, 1-2 minutes. Season to taste.



6. Finish chicken & serve

Return **chicken and any resting juices** to skillet. Cook over medium heat, basting **chicken** with sauce, until warmed through, about 1 minute. Transfer **chicken, apples, and onions** to plates. Serve with **roasted veggies** alongside and **any remaining pan sauce** from skillet spooned over top. Sprinkle with **remaining chopped thyme**. Enjoy!