



Apricot-Mustard Chicken with Asparagus

& Sour Cream Mashed Potatoes



30-40min



2 Servings

Sweet apricot preserves and tangy Dijon mustard are the perfect flavor duo for adding extra pizzazz to boneless chicken breasts. The chicken is served with buttery asparagus and tangy sour cream mashed potatoes.

What we send

- 2 russet potatoes
- 1 pkt Dijon mustard ¹⁷
- ½ oz apricot preserves
- 1 pkt chicken broth concentrate
- 2 scallions
- garlic
- ½ lb asparagus
- 12 oz pkg boneless, skinless chicken breasts
- 1 oz sour cream ⁷

What you need

- kosher salt & pepper
- olive oil
- butter ⁷
- all-purpose flour (or gluten-free alternative)

Tools

- medium saucepan
- rimmed baking sheet
- medium skillet
- potato masher or fork

Cooking tip

Bend the bottom of an asparagus stalk—it will break naturally where the fibers turn tough.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 770kcal, Fat 41g, Carbs 55g, Protein 48g



1. Cook potatoes

Preheat oven to 450°F with a rack in the lower third. Peel **potatoes** and cut into 1-inch pieces. Place potatoes in a medium saucepan, then cover with 1 inch of **salted water**. Cover and bring to a boil, then uncover and continue to cook until easily pierced with a fork, 10-12 minutes. Reserve **¼ cup cooking water**, then drain potatoes and return to saucepan off heat. Cover to keep warm.



4. Brown chicken

Pat **chicken** dry, then pound to ½-inch thickness, if desired; season all over with **salt** and **pepper** and **2 teaspoons flour**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken; cook until browned and cooked through, 3-4 minutes per side. Transfer to a plate. Reduce heat to medium, then add **garlic** and **1 tablespoon oil**; cook until fragrant, 15 seconds.



2. Prep ingredients

In a small bowl, whisk together **Dijon mustard**, **apricot preserves**, **chicken broth concentrate**, and **⅓ cup water**.

Trim **scallions**, then thinly slice about ¼ cup. Finely chop **1 teaspoon garlic**. Snap or trim bottom 2 inches from **asparagus**.



5. Coat chicken in sauce

Add **apricot-mustard sauce** to skillet over medium heat. Cook, scraping up any browned bits from the bottom of skillet, until sauce is reduced by half, about 3 minutes. Return **chicken and any resting juices** to skillet and cook, turning to coat, 1 minute more. Remove from heat and cover to keep warm.



3. Roast asparagus

On a rimmed baking sheet, toss **asparagus** with **salt**, **pepper**, and **2 teaspoons oil**. Roast on lower oven rack until tender, 8-10 minutes. Remove from oven and add **1 tablespoon butter** to baking sheet, stirring until butter is melted and asparagus is coated. Cover to keep warm.



6. Mash potatoes & serve

Return pot with **potatoes** to medium heat, then add **sour cream**, **reserved cooking water**, and **2 tablespoons butter**. Use a potato masher or fork to mash until smooth. Stir in **scallions**, then season to taste with **salt** and **pepper**. Serve **chicken** with **asparagus** and **mashed potatoes** alongside. Spoon **apricot-mustard sauce** over top. Enjoy!