

MARLEY SPOON



Chicken Fricassée, Apples & Brussels Sprouts

over Egg Noodles



30-40min



2 Servings

This cold-weather comfort dish tastes like it has been simmering for hours but is quick enough for any night of the week. We sauté apples, onions, Brussels sprouts, and tender chicken breasts in a hearty broth and apple juice-based sauce thickened with sour cream. Serve with buttered egg noodles and feel the chill melt away.

What we send

- 1 apple
- ½ lb Brussels sprouts
- 1 yellow onion
- 12 oz pkg boneless, skinless chicken breasts
- 6 oz egg noodles ^{3,1}
- 5½ oz apple juice
- 1 pkt chicken broth concentrate
- ¼ oz fresh tarragon
- 2 (1 oz) sour cream ²

What you need

- kosher salt & ground pepper
- all-purpose flour ¹
- butter ²
- apple cider vinegar (or white wine vinegar)

Tools

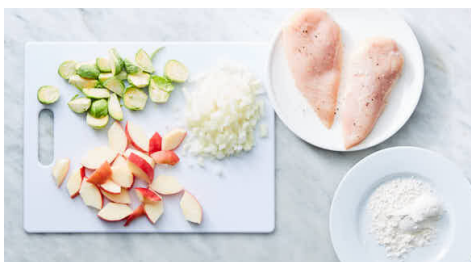
- small pot
- large skillet

Allergens

Wheat (1), Milk (2), Egg (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 900kcal, Fat 29g, Carbs 102g, Protein 57g



1. Prep ingredients

Bring a small pot of **salted water** to a boil.

Quarter **apple**; discard core. Cut into ½-inch thick slices. Trim **half of the Brussels sprouts** (save rest for own use), then halve (quarter, if large). Finely chop **half of the onion** (save rest for own use).

Pat **chicken** dry and season all over with **salt** and **pepper**. Place **3 tablespoons flour** in a shallow dish.



4. Add onions

Flip **chicken**. Add **chopped onions** and a **pinch each of salt and pepper**; cook, stirring apples and vegetables occasionally, until onions are softened and browned, about 4 minutes.



2. Cook egg noodles

Add **noodles** to boiling water; cook until al dente, 6-8 minutes. Drain noodles, return to pot, and toss with **1 tablespoon butter** to prevent sticking. Cover to keep warm until ready to serve.



5. Simmer

Add **apple juice** and **broth concentrate** to skillet; bring to a boil. Reduce heat to medium-low, cover, and simmer until **chicken** is cooked through, 6-8 minutes.

Meanwhile, pick and finely chop **tarragon leaves**; discard stems. Transfer **chicken** to a plate.



3. Brown chicken

Heat **2 tablespoons butter** in a large skillet over medium-high.

Coat **chicken** in **flour**, then shake to remove excess; add to skillet. Add **apples** and **Brussels sprouts**, cut-side down, around chicken. Cook, flipping apples and Brussels sprouts as needed, until evenly browned on cut sides and chicken is golden brown on the bottom, about 5 minutes.



6. Finish & serve

Add **sour cream** to skillet; bring to a boil and cook until sauce is slightly thickened, about 2 minutes. Stir in **chopped tarragon**, **1 teaspoon vinegar**, and **any resting chicken juices**; season to taste with **salt** and **pepper**.

Slice **chicken**, if desired, then serve with **apples, vegetables, and sauce** over **egg noodles**. Enjoy!