



Peak Season! Seared Chicken & Apples

over Cauliflower Mash with Spinach Salad



50min



2 Servings

There is nothing more comforting than a home-cooked meal—especially when it includes pan-roasted chicken breasts and creamy cauliflower mash. We up the flavor factor with a sweet and savory apple-shallot pan sauce and baby spinach salad studded with crunchy pecans. This is for sure a winner-winner chicken dinner.

What we send

- 1 head cauliflower
- 1 shallot
- 1 Granny Smith apple
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz poultry seasoning
- 1 pkt turkey broth concentrate
- 1 pkt Dijon mustard ¹⁷
- 1 oz pecans ¹⁵
- 2 (1 oz) sour cream ⁷
- 5 oz baby spinach

What you need

- kosher salt & pepper
- olive oil
- apple cider vinegar (or red wine vinegar)
- all-purpose flour (or gluten-free alternative)
- butter ⁷

Tools

- small saucepan
- medium skillet

Cooking tip

It's peak season for apples, which means they're at their most delicious!

Allergens

Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 870kcal, Fat 64g, Carbs 30g, Protein 49g

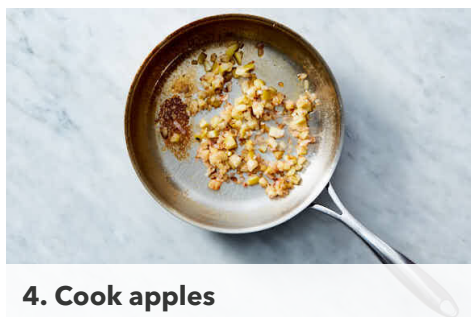


THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Cook cauliflower

Cut **cauliflower** into ½-inch florets, if necessary. Place in a medium pot with enough **salted water** to cover by 1 inch. Cover and bring to a boil. Uncover, reduce heat to medium-high, and cook until easily pierced with a fork, 10-12 minutes. Drain cauliflower and return to pot.



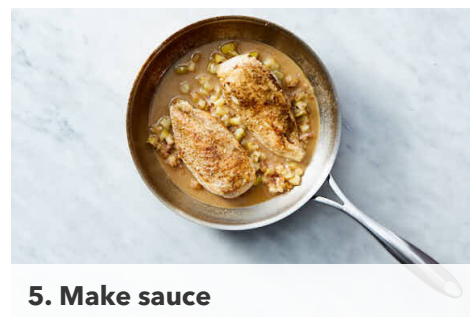
4. Cook apples

Melt **1 tablespoon butter** in same skillet over medium-high heat. Add **apples** and **remaining shallots**; cook, stirring occasionally, until well browned and slightly softened, 3-5 minutes. Stir in **1 teaspoon flour** and cook, about 30 seconds.



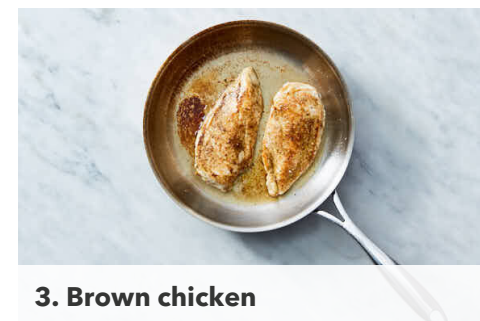
2. Prep ingredients

Finely chop **shallot**. Remove core from **apple**, then cut half into ¼-inch cubes (save rest for own use). Pat **chicken** dry; season all over with **salt, pepper**, and **1 teaspoon poultry seasoning**. In a medium bowl, whisk together **2 tablespoons oil** and **1 tablespoon each of the vinegar and of the chopped shallots**; set dressing aside until step 6.



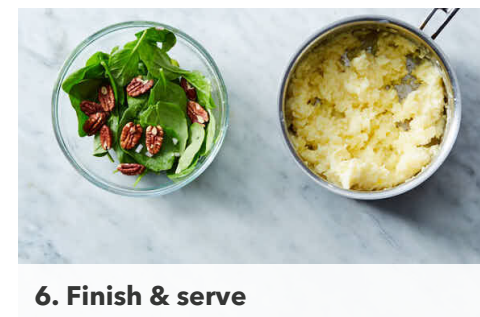
5. Make sauce

To same skillet, add **turkey broth concentrate**, **1 teaspoon Dijon**, and **1 cup water**; bring to a simmer, scraping up any browned bits at bottom. Return **chicken** to skillet and continue to simmer over medium-low heat until chicken is cooked through, **apples** are tender, and **sauce** is thickened, 5-7 minutes.



3. Brown chicken

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** and cook until well browned on both sides but not cooked through, 2-3 minutes per side. Transfer chicken to a plate.



6. Finish & serve

Toast **pecans**, if desired. Return saucepan with **cauliflower** to medium-high; add **sour cream** and **2 tablespoons butter**. Coarsely mash using a fork or potato masher. Season to taste with **salt** and **pepper**. Toss **spinach** and **pecans** with **dressing**. Serve **chicken** with **apples** and **sauce** spooned over top, and with **mashed cauliflower** and **salad** alongside. Enjoy!