



Apricot-Mustard Glazed Chicken

with Roasted Potatoes & Buttered Peas



30-40min



2 Servings

It's hard to beat a perfect roast dinner! For this one, we've glazed a juicy chicken breast with apricot preserves, because pork and fruit go together like peas and carrots, which is exactly what we serve on the side! Along with crunchy-on-the-outside, and tender-on-the-inside roasted potatoes. Make sure to spoon any extra pan juices over the chicken for a delicious finish.

What we send

- 2 Yukon gold potatoes
- 2 carrots
- 12 oz pkg boneless, skinless chicken breasts
- ½ oz apricot preserves
- 1 oz whole grain mustard ¹⁷
- 5 oz peas

What you need

- kosher salt & ground pepper
- olive oil
- butter ⁷

Tools

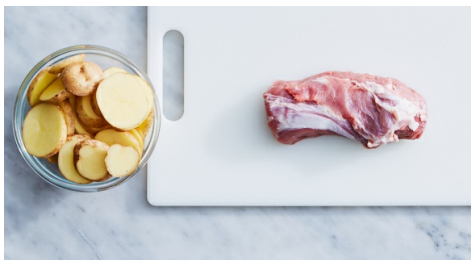
- rimmed baking sheet
- medium ovenproof skillet
- small saucepan

Allergens

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

Nutrition per serving

Calories 730kcal, Fat 34g, Carbs 63g, Protein 47g



1. Prep ingredients

Preheat oven to 450°F with racks in the upper and lower thirds.

Scrub **potato** and cut into ¼-inch rounds (no need to peel). Peel **carrots**, halve lengthwise, and cut into ¼-inch half moons.

Pat **chicken** dry. Season all over with **salt** and **pepper**.



4. Brown chicken

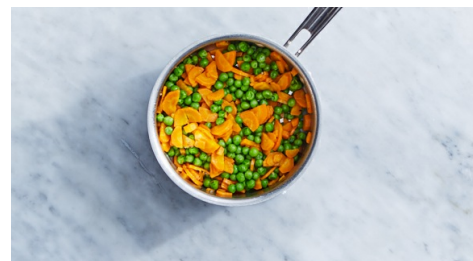
Meanwhile, heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **chicken** and cook until browned on bottom, 1-2 minutes. Off heat, flip chicken then brush with **apricot glaze**. Add **3 tablespoons water** to skillet.

Roast on upper oven rack until cooked through and a thermometer inserted into center reads 165°F, 7-10 minutes.



2. Make glaze

In a small bowl, whisk **apricot preserves**, **mustard**, and **½ teaspoon oil**. Season with **¼ teaspoon salt** and **a few grinds of pepper**.



5. Cook carrots & peas

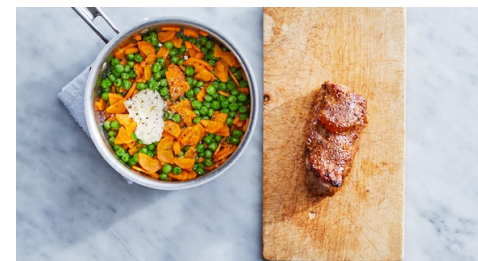
Meanwhile, in a small saucepan, add **carrots**, **1 cup water**, **1 tablespoon oil**, **½ teaspoon salt**, and **a few grinds of pepper**. Bring to a boil. Cook until carrots are tender and water is reduced by half, about 9 minutes. Add **peas** and cook, about 2 minutes. Drain and return to saucepan off heat.



3. Cook potatoes

On a rimmed baking sheet, toss **potatoes** with **2 tablespoons oil**, **¼ teaspoon salt**, and **a few grinds of pepper**. Spread into a single layer.

Roast on lower oven rack until golden, flipping halfway through, 20-25 minutes.



6. Finish & serve

Transfer **chicken** to cutting board to rest, 5 minutes. Add **1 tablespoon butter** to **carrots and peas**; toss to coat and season to taste with **salt** and **pepper**. Thinly slice chicken crosswise, spooning **any glaze** from skillet over top (leave very dark brown bits behind).

Serve **glazed chicken** and **potatoes** with **peas and carrots** alongside. Enjoy!