



Saucy Apricot-Thyme Chicken Breast

with Mashed Potatoes & Arugula-Almond Salad



30-40min



2 Servings

Chicken breasts are a versatile, quick-cooking cut. Here, we season the chicken with fresh thyme, then pan-roast them to create a savory, golden-brown crust. The pan drippings combined with broth, chopped garlic, sweet apricot preserves, and butter creates a luscious pan sauce. The chicken is served with creamy mashed potatoes and a peppery arugula salad that is tossed in a refreshing tarragon vinaigrette.

What we send

- 2 Yukon gold potatoes
- garlic
- ¼ oz fresh tarragon
- 1 oz sliced almonds ¹⁵
- ¼ oz fresh thyme
- 12 oz pkg boneless, skinless chicken breasts
- ½ oz apricot preserves
- 1 pkt chicken broth concentrate
- 2 (1 oz) sour cream ⁷
- 5 oz arugula

What you need

- kosher salt & pepper
- olive oil
- white wine vinegar (or apple cider vinegar) ¹⁷
- all-purpose flour (or gluten-free alternative)
- 3 Tbsp butter ⁷

Tools

- medium saucepan
- medium skillet
- potato masher or fork

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 790kcal, Fat 46g, Carbs 50g, Protein 50g



1. Cook potatoes

Peel **potatoes**, then cut into 1-inch pieces. Place in a medium saucepan with **1 teaspoon salt**. Add enough water to cover by 1 inch. Cover and bring to a boil, then uncover and cook until easily pierced with a fork, about 10 minutes. Reserve **¼ cup cooking water**, then drain potatoes and return to saucepan. Cover to keep warm.



4. Pan-roast chicken

Pick and finely chop **2 teaspoons thyme leaves**; discard stems. Pat **chicken** dry; pound to an even ½-inch thickness, if necessary. Season with **thyme, salt, pepper**, and **½ teaspoon flour**. Heat **1 tablespoon oil** in same skillet over medium-high. Add chicken and cook until browned and cooked through, 3–4 minutes per side. Transfer to a plate.



2. Make tarragon vinaigrette

Finely chop **1 teaspoon garlic**. Pick and finely chop **1 tablespoon tarragon leaves**; discard stems. In a medium bowl, combine **tarragon, 1 tablespoon oil, 1½ teaspoons vinegar**, and **½ teaspoon of the garlic**. Season to taste with **salt** and **pepper**.



5. Make pan sauce

Melt **1 tablespoon butter** in same skillet over medium heat. Add **apricot preserves** and **remaining garlic**; cook until fragrant, about 30 seconds. Whisk in **broth concentrate** and **⅓ cup water**, then increase heat to medium-high. Cook, stirring, until sauce is reduced slightly, 1–2 minutes. Return **chicken and any resting juices** to skillet. Remove from heat; cover to keep warm.



3. Toast almonds

Heat **2 teaspoons oil** in a medium skillet over medium. Add **almonds** and cook, stirring occasionally, until lightly toasted, 2–3 minutes. Transfer to a plate, then season with **salt**.



6. Finish & serve

Return saucepan with **potatoes** to medium heat. Add **sour cream, reserved cooking water**, and **2 tablespoons butter**. Use a potato masher or fork to coarsely mash; season to taste. Transfer **arugula** and **almonds** to bowl with **vinaigrette**; toss to coat. Serve **chicken** over **mashed potatoes** with **salad** alongside. Spoon **apricot-thyme sauce** over **chicken**. Enjoy!