



## Cherry Gastrique-Glazed Chicken Breast

with Parmesan Polenta & Apple-Kale Slaw



40-50min



2 Servings

Gastrique is a French sweet and sour sauce that combines sugar with vinegar to make a simply delicious, syrupy concoction. We throw in dried cherries before spooning it over lean chicken breasts, then we serve it all with creamy Parmesan polenta and a crisp kale slaw studded with apples, walnuts, and shallots.



## What we send

- 1 bunch curly kale
- 1 shallot
- 1 apple
- $\frac{3}{4}$  oz Parmesan <sup>7</sup>
- 1 oz walnuts <sup>15</sup>
- 3 oz quick-cooking polenta
- 12 oz pkg boneless, skinless chicken breasts
- 1 oz dried cherries
- 1 oz rice vinegar
- 1 pkt chicken broth concentrate

## What you need

- neutral oil
- apple cider vinegar (or white wine vinegar)
- kosher salt & ground pepper
- butter <sup>7</sup>
- sugar

## Tools

- microplane or grater
- medium skillet
- small saucepan

## Allergens

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

## Nutrition per serving

Calories 1010kcal, Fat 50g, Carbs 90g, Protein 56g



### 1. Prep ingredients

Strip **kale leaves** from tough stems; discard stems. Stack and roll leaves; cut into thin ribbons. Thinly slice **half of the shallot**; finely chop remaining. Cut **apple** into  $\frac{1}{4}$ -inch thick planks, discarding core; cut planks into thin matchsticks. Finely grate **Parmesan**.

In a medium skillet, cook **walnuts** over high heat, stirring frequently, until lightly toasted, 2-3 minutes.



### 2. Mix slaw

Transfer **walnuts** to a cutting board; coarsely chop. Wipe out and reserve skillet.

In a large bowl, massage **kale** with **2 tablespoons oil** until dark green and wilted. Mix in **apples, walnuts, sliced shallots, half of the Parmesan**, and **1 tablespoon apple cider vinegar** (or more to taste). Season to taste with **salt** and **pepper**. Set aside until ready to serve.



### 3. Cook polenta

In a small saucepan, bring **2 $\frac{3}{4}$  cups water** and **1 teaspoon salt** to a boil. Slowly whisk in **polenta**. Reduce heat to low and cook, whisking occasionally, until grains are tender and polenta is thickened, 8-10 minutes. Off heat, stir in **remaining Parmesan** and **2 tablespoons butter**; season to taste with **salt** and **pepper**. Keep covered until ready to serve.



### 4. Cook chicken

Pat **chicken** dry; season all over with **salt** and **pepper**.

In reserved skillet, heat **2 tablespoons oil** over medium-high until shimmering. Add chicken and cook until golden brown and cooked through, 3-4 minutes per side. Transfer to a plate.



### 5. Cook cherry gastrique

Lower heat to medium; add **chopped shallots** to same skillet. Cook, stirring often, until softened and golden, 1-2 minutes. Add **cherries, rice vinegar, broth concentrate,  $\frac{1}{4}$  cup water**, and **2 tablespoons sugar**. Cook over high heat until sauce is thickened and syrupy, 3-5 minutes.



### 6. Finish & serve

Return **chicken and any resting juices** to skillet. Cook, spooning **sauce** over top, until glazed and sticky, 1 minute. Warm **polenta** over medium heat (loosen with water if too thick).

Serve **chicken** with **slaw** and **polenta** alongside. Enjoy!