



## Cherry Dijon Chicken Medallions

with Spinach & Blue Cheese Salad



20-30min



2 Servings

Cutting a tender chicken breast into medallions is not only an elegant way to present a dish, it also speeds up the cooking! A flavorful pan sauce with dried cherries and Dijon mustard is perfect to spoon over the juicy meat. And don't forget to eat your greens! This spinach salad studded with blue cheese crumbles makes that easy to do.

## What we send

- 1 shallot
- 1 oz walnuts <sup>15</sup>
- 12 oz pkg boneless, skinless chicken breasts
- 1 pkt chicken broth concentrate
- 1 oz dried cherries
- 4 pkts Dijon mustard <sup>17</sup>
- 1 oz blue cheese crumbles <sup>7</sup>
- 5 oz baby spinach

## What you need

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

## Tools

- medium skillet

## 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 620kcal, Fat 37g, Carbs 31g, Protein 48g



### 1. Pickle shallots

Halve and thinly slice **half of the shallot**, then coarsely chop remaining half. In a large bowl, whisk to combine **2 tablespoons vinegar, 1 tablespoon oil**, and **¼ teaspoon each of salt and sugar**. Stir in sliced shallots (save chopped shallots for step 4) and set aside to marinate until step 6.



### 2. Toast walnuts

Coarsely chop **walnuts**. Heat **1 teaspoon oil** in a medium skillet over medium-high. Add walnuts and **a pinch of salt** and cook, stirring frequently, until fragrant and lightly toasted, 3-5 minutes (watch closely). Transfer walnuts to a small bowl and sprinkle with **salt**. Wipe out skillet.



### 4. Make pan sauce

Add **chopped shallots** and **a pinch each of salt and pepper** to same skillet. Cook over medium heat until soft, 2-3 minutes. Add **broth concentrate, dried cherries, ¾ cup water**, and **4 teaspoons Dijon mustard**. Bring to a boil; reduce heat and simmer until reduced by half, 4-6 minutes. Season to taste with **salt and pepper**. Stir in **1 tablespoon butter** until melted and combined.



### 5. Finish chicken

Return **chicken and any resting juices** to skillet with **pan sauce**. Cook over low heat, turning chicken to coat with sauce, until chicken is cooked through, 2-3 minutes. Remove from heat and season to taste with **salt and pepper**.



### 3. Prep & cook chicken

Pat **chicken** dry, then cut crosswise into 1-inch thick rounds; season all over with **salt and pepper**. Heat **1 tablespoon oil** in same skillet over medium-high. Add chicken medallions and cook until well browned but not cooked through, 2-3 minutes per side. Transfer chicken to a plate and set aside (chicken will finish cooking in step 5).



### 6. Finish salad & serve

Crumble **blue cheese** into bowl with **pickled shallots**, then add **spinach** and **chopped walnuts**; toss to combine. Serve **chicken medallions** with **sauce** spooned over top, with **spinach salad** alongside. Enjoy!