



Seared Chicken & Apple-Shallot Pan Sauce

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
- ¼ oz Dijon mustard
- 1 oz pecans ²
- 2 (1 oz) sour cream ¹
- 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 ¹

Tools

- small saucepan
- medium skillet

Allergens

Milk (1), Tree Nuts (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 840kcal, Fat 60g, Carbs 32g, Protein 50g

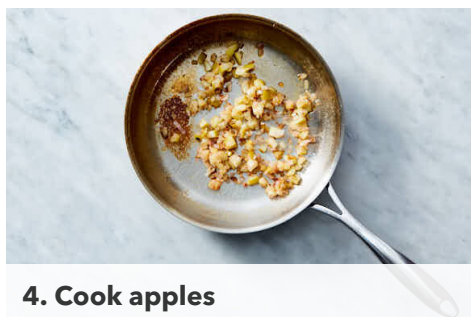


THIS IS A CUSTOMIZED RECIPE STEP

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 cauliflower in a small saucepan. Add enough **salted water** to cover by 1-inch. Bring to a boil, then simmer until tender, about 15 minutes. Drain, return to pot and cover to keep warm.



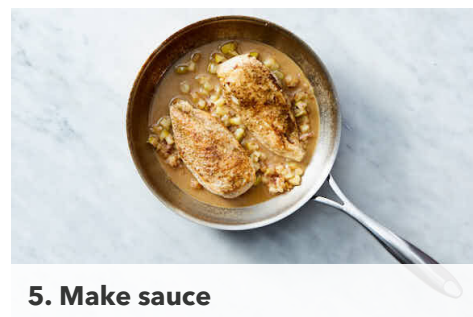
4. Cook apples

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.



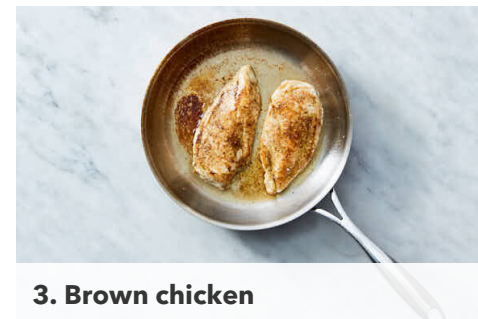
2. Prep ingredients

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.



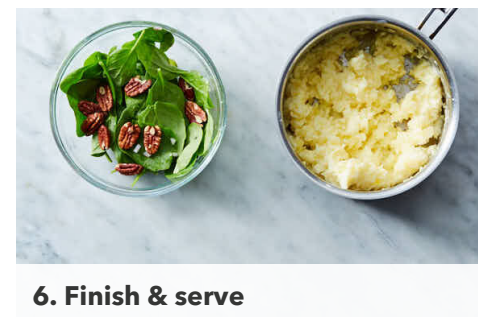
5. Make sauce

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!