



Seared Chicken & Mustard Sauce

with Roasted Cauliflower Salad



30min



2 Servings

This Calabrian-inspired plate has us excited for the deep flavors of roasted cauliflower, briny capers, and fresh parsley paired with juicy chicken breast. We take the rich drippings from the chicken and combine them with whole-grain mustard, onions, and butter to create a delectable pan sauce worthy of smothering the chicken.

What we send

- 1 head cauliflower
- 1 oz capers
- 1 yellow onion
- ¼ oz fresh parsley
- 12 oz pkg boneless, skinless chicken breasts
- ½ oz whole-grain mustard
- ¾ oz Parmesan ¹
- 5 oz baby spinach

What you need

- olive oil
- kosher salt & ground pepper
- butter ¹
- red wine vinegar (or white wine vinegar)

Tools

- rimmed baking sheet
- medium skillet
- box grater

Allergens

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

Nutrition per serving

Calories 720kcal, Fat 50g, Carbs 19g, Protein 49g



1. Roast cauliflower

Preheat oven to 450°F with a rack in the upper third. Halve **cauliflower**; cut half into 1-inch florets (save rest for own use). On a rimmed baking sheet, toss cauliflower with **1 tablespoon oil** and a **pinch each of salt and pepper**. Roast on upper oven rack until tender and browned in spots, 13-15 minutes. Carefully toss on baking sheet with **capers** and roast, about 3 minutes more.



2. Make vinaigrette

Meanwhile, finely chop **½ cup onion**. In a medium bowl, stir to combine **2 tablespoons oil**, 1 tablespoon of the chopped onions, and **2 teaspoons vinegar**. Season to taste with **salt** and **pepper**. Transfer **roasted cauliflower and capers** to bowl with **vinaigrette**; toss to combine.



3. Prep salad

Pick **parsley leaves** from **stems**; finely chop stems and coarsely chop leaves, keeping them separate. Stir parsley stems into bowl with **cauliflower and vinaigrette**.



4. Cook chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until golden brown and cooked through, 3-4 minutes per side. Transfer to a cutting board to rest, 5 minutes.



5. Make pan sauce

Add **remaining chopped onions** and **2 teaspoons oil** to same skillet over medium heat and cook, stirring, until softened, about 1 minute. Stir in **mustard**, **1 teaspoon vinegar**, and **¼ cup water**. Bring to a simmer over medium-high heat, about 1 minute. Remove from heat. Whisk in **2 tablespoons butter**. Season **pan sauce** to taste with **salt** and **pepper**.



6. Finish & serve

Coarsely grate **Parmesan** on large holes of a box grater. Return **chicken** to skillet, turning to coat in **pan sauce**; transfer to plates and top with pan sauce. Add Parmesan, **parsley leaves**, and **spinach** to **roasted cauliflower salad**; toss to combine. Season to taste with **salt** and **pepper**. Serve **chicken** with **roasted cauliflower-spinach salad** alongside. Enjoy!