



Pan-Roasted Chicken & Fall Veggies

with Sautéed Apples & Onions



30-40min



2 Servings

Dijon is the capital of Burgundy, France—a region famous for their stellar wines. It is fitting that their namesake mustard would include a touch of dry white wine. We use this luxe ingredient as a coating for buttery roasted veggies, served alongside juicy chicken breasts.

What we send

- ½ lb Brussels sprouts
- garlic
- 1 sweet potato
- 1 red onion
- ¼ oz fresh thyme
- 1 apple
- 12 oz pkg boneless, skinless chicken breasts
- 1 pkt turkey broth concentrate
- ¼ oz Dijon mustard

What you need

- butter ¹
- olive oil
- kosher salt & ground pepper
- all-purpose flour (or gluten-free alternative)
- apple cider vinegar (or white wine vinegar)

Tools

- rimmed baking sheet
- medium skillet

Allergens

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

Nutrition per serving

Calories 740kcal, Fat 36g, Carbs 64g, Protein 47g



1. Prep veggies

Preheat oven to 450°F with a rack in the center. Set **2 tablespoons butter** out to soften. Trim ends and any brown outer leaves from **Brussels sprouts**, then halve lengthwise (or quarter, if large). Finely chop **1 teaspoon garlic**. Scrub **sweet potato**, halve lengthwise, and slice crosswise into ¼-inch half-moons.



2. Roast veggies

On a rimmed baking sheet, toss **sweet potatoes** and **Brussels sprouts** with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on center rack until tender and browned in spots, 15-18 minutes. Using a spatula, toss veggies on baking sheet with **1 teaspoon Dijon mustard**, **chopped garlic**, and **softened butter**. Roast on center oven rack until garlic is fragrant, 2-3 minutes.



3. Prep sauce ingredients

Meanwhile, halve and thinly slice **half of the onion** (save rest for own use). Pick and finely chop **2 teaspoons thyme leaves**, discarding stems. Quarter **apple**, discard core and stem, and thinly slice crosswise.



4. Season & cook chicken

Pat **chicken** dry and season all over with **salt, pepper**, and **half of the chopped thyme**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until browned and cooked through, 3-4 minutes per side. Transfer to a plate.



5. Cook apples & onions

Heat **1 tablespoon oil** in same skillet over medium-high. Add **apples** and **onions**. Cook, stirring, until tender, 4-5 minutes (reduce heat if browning too quickly). Stir in **1 teaspoon flour**; cook, about 30 seconds. Add **broth concentrate**, **⅓ cup water**, and **1 teaspoon vinegar**. Cook over medium heat until sauce is reduced by half, 1-2 minutes. Season with **salt** and **pepper**.



6. Finish chicken & serve

Return **chicken and any resting juices** to skillet. Cook over medium heat, basting pork with **sauce**, until warmed through, about 1 minute. Transfer **chicken, apples, and onions** to plates, and serve with **roasted veggies** alongside. Spoon **any remaining pan sauce** from skillet over top of **chicken** and sprinkle with **remaining chopped thyme**. Enjoy!