



# Carb Smart Chicken and Dijon Sauce

## with Apple Walnut Salad

Carb Smart

Quick

25 Minutes



Chicken Breasts



Baby Spinach



Gala Apple



Walnuts, chopped



Sour Cream



Dijon Mustard



Garlic, cloves



White Wine Vinegar



Chicken Broth Concentrate



Chicken Salt



All-Purpose Flour

HELLO DIJON MUSTARD

*A style of prepared mustard originating from, you guessed it, Dijon, France!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

2 Baking sheets, measuring spoons, large bowl, measuring cups, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Baby Spinach	113 g	227 g
Gala Apple	1	2
Walnuts, chopped	28 g	56 g
Sour Cream	3 tbsp	6 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Garlic, cloves	1	2
White Wine Vinegar	½ tbsp	1 tbsp
Chicken Broth Concentrate	1	2
Chicken Salt	1 tbsp	2 tbsp
All-Purpose Flour	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

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## Toast walnuts

- Add **walnuts** to an unlined baking sheet. Roast in the **top** of the oven until golden-brown, 4-6 min. (**TIP:** Keep your eye on walnuts so they don't burn!)



## Make vinaigrette

- While **chicken** bakes, add **1 ½ tbsp oil** (dbl for 4 ppl) and **half the vinegar** (use all for 4 ppl) to a large bowl.
- Season with **salt** and **pepper**, to taste, then whisk to combine.



## Prep

- Meanwhile, core, then cut **apple** into ¼-inch slices.
- Peel, then mince or grate **garlic**.
- Pat **chicken** dry with paper towels, then season with **2 tsp chicken salt** (dbl for 4 ppl) and **pepper**.



## Make Dijon sauce

- Heat the same pan (from step 3) over medium.
- Add **1 tbsp butter** (dbl for 4 ppl), then **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Sprinkle **flour** and **remaining chicken salt** over top, then whisk to combine, 30 sec.
- Gradually whisk in **⅔ cup water** (dbl for 4 ppl) and **broth concentrate** until smooth. Bring to a simmer.
- Once simmering, cook, whisking occasionally, until **sauce** thickens slightly, 2-3 min.
- Remove the pan from heat. Add **sour cream** and **Dijon**. Season with **salt** and **pepper**, to taste, then whisk until smooth and creamy. (**TIP:** Add a pinch of sugar, if desired.)



## Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 2-3 min per side.
- Transfer **chicken** to another unlined baking sheet. Bake in the **middle** of the oven until **chicken** is cooked through, 10-12 min.\*\*



## Finish and serve

- Add **apples** and **spinach** to the bowl with **vinaigrette**, then toss to combine.
- Thinly slice **chicken**.
- Divide **chicken** and **salad** between plates.
- Spoon **Dijon sauce** over **chicken**.
- Sprinkle **walnuts** over **salad**.

## Dinner Solved!