



# Chicken and Dijon Sauce

## with Apple Walnut Salad

Carb Smart

25 Minutes



Chicken Breasts



Arugula and Spinach Mix



Gala Apple



Walnuts, chopped



Sour Cream



Dijon Mustard



Garlic



White Wine Vinegar



Chicken Broth Concentrate

HELLO DIJON MUSTARD

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

## Start here

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

## Bust Out

Baking sheet, microplane/zester, measuring spoons, large bowl, measuring cups, whisk, large non-stick pan, paper towels

## Ingredients

|                           | 2 Person | 4 Person |
|---------------------------|----------|----------|
| Chicken Breasts ♦         | 340 g    | 680 g    |
| Arugula and Spinach Mix   | 113 g    | 227 g    |
| Gala Apple                | 1        | 2        |
| Walnuts, chopped          | 28 g     | 56 g     |
| Sour Cream                | 3 tbsp   | 6 tbsp   |
| Dijon Mustard             | ½ tbsp   | 1 tbsp   |
| Garlic                    | 3 g      | 6 g      |
| White Wine Vinegar        | ½ tbsp   | 1 tbsp   |
| Chicken Broth Concentrate | 1        |          |
| Unsalted Butter*          | 1 ½ tbsp | 3 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 our meal kit labels for the most current allergen information.

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

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

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## Prep

Core and cut **apple** into ¼-inch slices. Peel, then mince or grate **garlic**. Roughly chop **walnuts**. Pat **chicken** dry with paper towels, then season with **salt** and **pepper**.



## Make Dijon sauce

Return the same pan (from step 2) to medium-high. Add ½ **tbsp butter** (dbl for 4 ppl), then **garlic**. Cook, stirring, until fragrant, 30 sec. Add ½ **cup water** (dbl for 4 ppl) and **broth concentrate**. Bring to a boil, until **sauce** reduces by half, 3-4 min. Add 1 **tbsp butter** (dbl for 4 ppl) and swirl until melted. Remove from heat, then stir in **sour cream** and **half the Dijon** (use all for 4 ppl) until smooth and creamy. Season with **salt** and **pepper**.



## 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 **chicken** is golden-brown, 2-3 min per side. Transfer to a baking sheet. Bake in the **middle** of the oven, until **chicken** is cooked through, 10-12 min. \*\*



## Make salad

Add **apples** and **arugula and spinach mix** to the bowl with **vinaigrette**. Toss to combine.



## Make vinaigrette

While the **chicken** bakes, whisk together 1 ½ **tbsp oil** (dbl for 4 ppl) and **half the vinegar** (all for 4 ppl) in a large bowl. Season with **salt** and **pepper**.



## Finish and serve

Thinly slice **chicken**. Divide **salad** between plates, then garnish with **walnuts**. Serve **chicken** alongside, then spoon **Dijon sauce** over **chicken**.

## Dinner Solved!