



JUL
2016

Pan-Roasted Chicken

with Dijon Mushroom Sauce and Brown Rice

Dijon mustard – one of our favourite secret weapons in the kitchen – is the key to this hearty sauce. Though simple, this dish is packed with intense flavours like garlic and thyme to make this chicken dinner unique.



Prep
35 min



level 1



gluten
free



nut
free



Chicken Breasts



Brown Rice



Thyme



Button Mushrooms



Garlic



Chicken Broth
Concentrate



Sour Cream



Dijon Mustard

Ingredients

Chicken Breasts	4
Basmati Brown Rice	1 pkg
Thyme	1 pkg
Button mushrooms	1 pkg
Garlic	4 cloves
Chicken Broth Concentrate	2
Sour Cream	1) 3 pkg
Dijon Mustard	2) 2 tsp
Olive or Canola Oil*	

4 People

*Not Included

Allergens

- 1) Milk/Lait
- 2) Mustard/Moutarde

Tools

Medium Pot, Strainer, Large Pan, Large Plate, Measuring Cups, Measuring Spoons

Nutrition per person Calories: 611 cal | Fat: 16 g | Sat. Fat: 6 g | Protein: 41 g | Carbs: 63 g | Sugar: 2 g | Sodium: 424 mg | Fiber: 4 g

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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2



1 Cook the rice: Bring **3 cups water** with a large pinch of **salt** to a boil in a medium pot over high heat. Bring to a boil, then reduce heat to medium-low. Cover and simmer until rice is tender and water has been absorbed, 20 to 25 min.

2 Prep: Meanwhile, **wash and dry all produce**. Mince or grate the **garlic**. Strip **4 tsp thyme leaves** off the sprig. Thinly slice the **mushrooms**.

3



3 Sear the chicken: Pat the **chicken** dry with paper towels. Season the **chicken** with **salt** and **pepper**. Meanwhile, heat a large drizzle of **oil** in a large pan over medium heat. Add the chicken to the pan and cook for 2-3 minutes per side, until browned. Transfer **chicken** to a large plate.

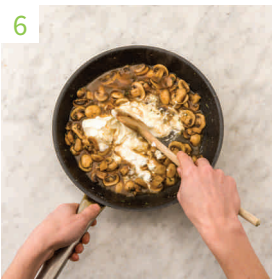
4 Cook the mushrooms: Heat another large drizzle of **oil** in the same pan over medium heat. Add the **thyme** and **garlic** to the pan and cook for 30 seconds, until fragrant. Add the **mushrooms** to the pan and cook, tossing for 4-5 minutes, until browned.

4



5 Add **1 cup water** and the **broth concentrates** to the pan. Scrape up any browned bits from the bottom of the pan. Nestle the **chicken breasts** in the sauce. Reduce heat to medium-low and simmer, covered, until chicken is cooked through, 15-17 min. (**TIP:** Inserting a thermometer into the cooked chicken should display an internal temperature of 175°F.) Set chicken aside on a cutting board.

6



6 Make the Dijon mushroom sauce: Remove the pan from heat and stir in the **sour cream** and **Dijon mustard** (**DO:** measure out). Season to taste with **salt** and **pepper**.

7 Finish and serve: Fluff the **rice** with a fork. Thinly slice the **chicken** and serve on a bed of **brown rice**. Drizzle with the **Dijon mushroom sauce** and enjoy!

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