



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

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

Baking sheet, 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
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 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

Call or email us | (855) 272-7002

hello@hellofresh.ca

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1 Prep

Core, then 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**.



2 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 an unlined baking sheet. Bake in the **middle** of the oven until **chicken** is cooked through, 10-12 min.**



3 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**, then whisk to combine.



4 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 often, until fragrant, 30 sec. Add ½ **cup water** (dbl for 4 ppl) and **broth concentrate**. Bring to a boil. Once boiling, cook, stirring occasionally, until **sauce** reduces by half, 3-4 min. Add 1 **tbsp butter** (dbl for 4 ppl) and swirl the pan until melted. When **butter** is melted, remove the pan from heat. Add **sour cream** and **Dijon**. Season with **salt** and **pepper**, then stir until smooth and creamy.



5 Make salad

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



6 Finish and serve

Thinly slice **chicken**. Divide **chicken** and **salad** between plates. Spoon **Dijon sauce** over **chicken**. Sprinkle **walnuts** over **salad**.

Dinner Solved!