



CREAMY CHIVE CHICKEN

with Lemony Rice and Dijon Apple Salad



HELLO

DIJON MUSTARD

This versatile French mustard adds a zingy kick to vinaigrette and pan sauce.



Apple



Lemon



Dijon Mustard



Chicken Stock Concentrate



Mixed Greens



Chives



Jasmine Rice



Chicken Breasts



Sour Cream
(Contains: Milk)

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 640

START STRONG

Mustard will help the oil and lemon juice emulsify (chef speak for combining elements that don't normally like each other) in step 3, but it's natural for a vinaigrette to separate over time—a quick stir or whisk will get the dressing ready to go if it does.

BUST OUT

- Zester
- Small pot
- Medium bowl
- Paper towels
- Sugar (½ tsp | 1 tsp)
- Olive oil (5 tsp | 8 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)
- Large pan
- Kosher salt
- Black pepper

INGREDIENTS

Ingredient **2-person** | **4-person**

- Apple 1 | 1
- Chives ¼ oz | ½ oz
- Lemon 1 | 2
- Jasmine Rice ½ Cup | 1 Cup
- Dijon Mustard 2 tsp | 4 tsp
- Chicken Breasts* 12 oz | 24 oz
- Chicken Stock Concentrate 1 | 2
- Sour Cream 2 TBSP | 4 TBSP
- Mixed Greens 2 oz | 4 oz

* Chicken is fully cooked when internal temperature reaches 165 degrees.

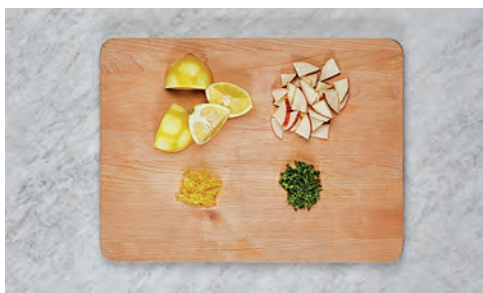
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1 PREP

Wash and dry all produce. Halve and core **apple**; quarter one half lengthwise, then thinly slice crosswise into triangles (quarter and slice whole apple for 4 servings). Mince **chives**. Zest and quarter **lemon** (quarter both lemons for 4).



4 COOK CHICKEN

Pat **chicken** dry with paper towels, then season all over with **salt** and **pepper**. Heat a large drizzle of **olive oil** in a large, preferably nonstick, pan over medium-high heat. Cook chicken until browned and cooked through, 5-7 minutes per side. Turn off heat; transfer to a plate. Wipe out pan.



2 COOK RICE

In a small pot, combine **rice**, ¾ cup **water** (1½ cups water for 4 servings), and a pinch of **salt**. Bring to a boil, then cover and reduce heat to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



5 MAKE SAUCE

Heat pan used for chicken over medium-high heat. Add ¼ cup **water** (½ cup for 4 servings), a squeeze of **lemon juice**, **stock concentrate**, and remaining **mustard**. Simmer until slightly thickened, 1-2 minutes. Turn off heat. Stir in **sour cream** and remaining **chives**. (**TIP:** If sauce seems too thick, add more water, 1 tsp at a time, until it reaches drizzling consistency.) Season with **salt** and **pepper**.



3 MAKE VINAIGRETTE

While rice cooks, in a medium bowl, combine **1 TBSP olive oil** (2 TBSP for 4 servings), juice from **half the lemon**, half the **mustard**, ½ tsp **sugar** (1 tsp for 4), **salt**, and **pepper**. Stir in half the **chives**. Set aside.



6 FINISH AND SERVE

Fluff **rice**, then stir in **1 TBSP butter** (2 TBSP for 4 servings) and **lemon zest**; season with **salt** and **pepper**. Add **mixed greens** and **apple** to bowl with **vinaigrette**. Season with **salt** and **pepper**, then toss to combine. Divide **chicken**, **rice**, and **salad** between plates. Drizzle chicken with **sauce**. Cut remaining **lemon** into wedges and serve on the side.

DOUBLE TAKE

Try making this bright and lemony pan sauce again with pork chops.

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