



CREAMY CHIVE CHICKEN

with Lemony Rice & Dijon Apple Salad



HELLO

CREAMY CHIVE SAUCE

This punchy pan sauce gets a citrusy lift from fresh-squeezed lemon juice.

PREP: 5 MIN | TOTAL: 30 MIN | CALORIES: 570



Apple



Lemon



Dijon Mustard



Chicken Stock Concentrate



Mixed Greens



Chives



Jasmine Rice



Chicken Cutlets



Sour Cream
(Contains: Milk)

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 dressing 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
- Olive oil (5 tsp | 8 tsp)
- Sugar (½ tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)
- Large pan
- Kosher salt
- Black pepper

INGREDIENTS

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

- Lemon **1 | 2**
- Chives **¼ oz | ½ oz**
- Apple **1 | 1**
- Jasmine Rice **½ Cup | 1 Cup**
- Dijon Mustard **2 tsp | 4 tsp**
- Chicken Cutlets* **10 oz | 20 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.



1 PREP

Wash and dry all produce. Zest and quarter **lemon** (for 4 servings, zest 1 lemon and quarter both). Mince **chives**. Halve and core **apple**; quarter one half lengthwise, then thinly slice crosswise into triangles (quarter and slice whole apple for 4).



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 to a low simmer. Cook until rice is tender, 15-18 minutes. Keep covered off heat until ready to serve.



3 MAKE DRESSING

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** (you'll use the rest later), **½ tsp sugar** (1 tsp for 4), **salt**, and **pepper**. Stir in half the **chives**. Set aside.



4 COOK CHICKEN

Pat **chicken** dry with paper towels; season all over with **salt** and **pepper**. Heat a large drizzle of **olive oil** in a large, preferably nonstick, pan over medium-high heat. Add chicken and cook until browned and cooked through, 3-5 minutes per side. Turn off heat; transfer to a plate. Wipe out pan.



5 MAKE SAUCE

Heat same pan over medium-high heat. Add **stock concentrate**, remaining **mustard**, **¼ cup water** (⅓ cup for 4 servings), and a squeeze of **lemon juice**. 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 a drizzling consistency.) Season with **salt** and **pepper**.



6 FINISH & SERVE

Fluff **rice** with a fork; stir in **1 TBSP butter** (2 TBSP for 4 servings) and **lemon zest**. Season with **salt** and **pepper**. Add **mixed greens** and **sliced apple** to bowl with **dressing**. Season with **salt** and **pepper**; 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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