



NOV
2016

Pan-Roasted Chicken

with Dijon Mushroom Sauce and Israeli Couscous

Chicken gets a major flavor upgrade when Dijon mustard is involved. In fact, it's one of our secret weapons in the kitchen. Hailing from Dijon, France, this grayish-yellow condiment pairs impeccably with garlic and lemon to lend a distinct and rich flavor to the sauce.



Prep: 10 min
Total: 30 min



level 1



nut
free



Button
Mushrooms



Garlic



Chicken
Breasts



Whole Wheat
Israeli Couscous



Chicken Stock
Concentrate



Sour
Cream



Dijon
Mustard



Lemon



Arugula

Ingredients

	2 People	4 People
Button Mushrooms	4 oz	8 oz
Garlic	1 Clove	2 Cloves
Chicken Breasts	12 oz	24 oz
Whole Wheat Israeli Couscous 1)	½ Cup	1 Cup
Chicken Stock Concentrate	1	2
Sour Cream 2)	4 TBSP	8 TBSP
Dijon Mustard	1 tsp	2 tsp
Lemon	1	1
Arugula	2 oz	4 oz
Olive Oil*	5 tsp	10 tsp

*Not Included

Allergens

1) Wheat

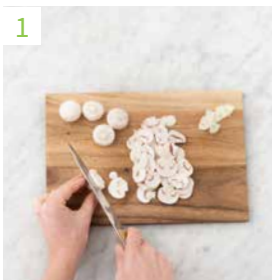
2) Milk

Tools

Medium pot, Large pan, Baking sheet, Strainer, Medium bowl

Nutrition per person Calories: 500 cal | Fat: 21g | Sat. Fat: 6g | Protein: 46g | Carbs: 36g | Sugar: 4g | Sodium: 359mg | Fiber: 6g

1



1 Preheat and prep: Wash and dry all produce. Preheat oven to 350 degrees. Bring a medium pot of **salted water** to a boil. Thinly slice **mushrooms** and **garlic**.

2



2 Cook the chicken: Heat a large drizzle of **olive oil** in a large pan over medium heat. Season **chicken** on all sides with **salt** and **pepper**. Cook until browned but not yet cooked through, 2-3 minutes per side. Place on a baking sheet, and bake until juices run clear when pierced with a knife, 10-11 minutes. Let rest 5 minutes.

3 Cook the couscous: Add **Israeli couscous** to boiling **water**, and cook until al dente, 8-9 minutes. Drain (just like pasta).

4 Cook the mushrooms: Meanwhile, heat a drizzle of **olive oil** in same pan over medium heat. Add **garlic** and **cook** until fragrant, about 30 seconds. Add **mushrooms** and toss until browned, 3-4 minutes. Season with **salt** and **pepper**.

3



5 Make the sauce: Add ½ cup **water** and **stock concentrate**. Scrape up any browned bits from pan. Simmer on low until reduced by half, 2-3 minutes. Remove pan from heat, and stir in **sour cream** and **1 tsp Dijon mustard**. Season to taste with **salt** and **pepper**.

5



6 Toss the salad and serve: Halve **lemon**. Toss **arugula** in a medium bowl with a squeeze of **lemon** and a large drizzle of **olive oil**. Season with **salt** and **pepper**. Thinly slice **chicken**, serve on a bed of **couscous**, drizzle with **sauce**, and serve alongside **salad**. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

