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Pan-Roasted Chicken

with Dijon Mushroom Sauce and Brown Rice

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



35 min



level 1



gluten free



nut free



Chicken Breasts



Brown Rice



Thyme



Button Mushrooms



Garlic



Chicken Stock Concentrate



Sour Cream



Dijon Mustard

Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Brown Rice	¾ c	1 ½ c
Thyme	¼ oz	½ oz
Button Mushrooms	4 oz	8 oz
Garlic	2 cloves	4 cloves
Chicken Stock Concentrate	1	2
Sour Cream ¹⁾	4 T	8 T
Dijon Mustard	1 t	2 t
Olive Oil*	2 t	4 t

*Not Included

Allergens

1) Milk

Tools

Medium Pot, Strainer, Large Pan, Baking Sheet

Ruler

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Nutrition per person Calories: 589 cal | Fat: 15 g | Sat. Fat: 4 g | Protein: 49 g | Carbs: 63 g | Sugar: 2 g | Sodium: 410 mg | Fiber: 4 g

Make sure to wash and dry produce before prepping or cooking!

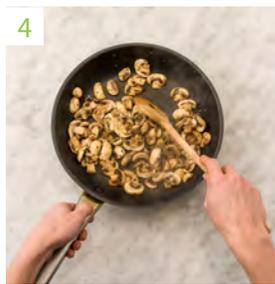


1 Prep the ingredients: Preheat the oven to 350 degrees. Remove the **chicken** from the refrigerator and bring to room temperature. Bring a medium pot of water with a large pinch of **salt** to a boil. Thinly slice the **mushrooms**. Mince or grate the **garlic**. Strip the **thyme leaves** off the sprig and roughly chop.



2 Cook the rice: Add the **rice** to the boiling water and boil for about 30 minutes, until tender. Drain.

3 Sear the chicken: Meanwhile, heat a drizzle of **oil** in a large pan over medium heat. Pat dry the **chicken** with a paper towel, then season on all sides with **salt** and **pepper**. Add the chicken to the pan and cook for 2-3 minutes per side, until browned, but not yet cooked through. Place the chicken on a baking sheet and transfer to the oven for about 10 minutes, until just cooked through.



4 Cook the mushrooms: Heat another 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 5-6 minutes, until browned. Season with **salt** and **pepper**.



5 Make the Dijon mushroom sauce: Add ½ cup **water** and the **stock concentrate** to the pan. Scrape up any browned bits from the bottom of the pan. Nestle the **chicken** in the sauce while it reduces. Bring to a simmer for 2-3 minutes, or until reduced by half. Remove the pan from heat and stir in the **sour cream** and **1 teaspoon Dijon mustard**. Season to taste with **salt** and **pepper**.

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