



Creamy Chive Chicken

(with Lemony Rice and Dijon Apple Salad)

5-minute prep
30-minute cook
4 Servings

Calories – 600

Protein – 39 grams

Fat – 30 grams

Carbohydrates – 52 grams

Ingredients:

- 4 – 5oz boneless chicken cutlets
- 2 med lemons
- 1 large red apple (we use Honeycrisp)
- 1 cup Jasmine rice

- 4oz of field greens
- Salt
- Black pepper
- Olive oil
- 2 tbsp butter
- 2 tsp Dijon mustard

Mustard Pan Sauce:

- 4oz Chicken Stock
- 2tsp Dijon mustard
- Lemon juice (from fresh lemon)
- 4tbsp sour cream
- 1/4oz fresh chives

Instructions:

1. Wash/dry produce, zest one lemon, quarter both lemons, mince chives, halve and core apple (quarter apple halves lengthwise, then slice crosswise into triangles)
2. In a small pot, combine rice, 1 1/2 cup water, and pinch of salt – bring to a boil
3. Cover and reduce to a low simmer – cook 15-18 min until rice is tender – keep covered
4. While rice cooks, make the Dijon dressing for apple salad – in a medium bowl, combine 2 tbsp olive oil, juice from one lemon, 2 tsp Dijon mustard, salt/pepper to taste, stir in half of the chives
5. Rinse/pat dry chicken with paper towels and season with salt and pepper generously
6. Heat a large drizzle of olive oil in a large pan over med-high heat, add chicken and cook until browned & cooked through (3-5 minutes each side), turn off heat, set chicken aside
7. In the same pan, prepare the mustard sauce (wipe down if desired – I like to use the juices from the chicken), on med-high heat, add chicken stock, 1/3 cup water, squeeze of lemon juice from second lemon, simmer until slightly thickened (1-2 minutes) then turn off the heat
8. Stir in sour cream and remaining chives, add water (1 tsp at a time) until sauce reaches a consistency to drizzle – season with salt/pepper
9. Fluff rice with a fork, stir in butter and lemon zest, season with salt/pepper
10. Add mixed greens and sliced apple to bowl with dressing, toss to combine, season with salt/pepper
11. Divide chicken, rice and salad for four servings, drizzle chicken with Dijon sauce, serve with remaining lemon wedges on side