

Apple Dijon Chicken with Cranberry Pecan Pilaf

Description

Serves 2–3. Chicken breasts bask in a flavorful apple reduction sauce laced with a hint of Dijon and fresh chopped parsley. Served with Cranberry Pecan Rice Pilaf.

Cooking Instructions

This dish has 3 parts: Chicken, Apple Cider Dijon Glaze, and Cranberry Pecan Rice Pilaf.

Rice:

1. Add 1 tablespoon of your favorite oil to a small saucepan over medium-high heat.
2. Add rice mix and stir constantly until it begins to brown.
3. Add 1 cup plus 2 tablespoons water and bring to a boil.
4. Lower heat, cover, and simmer 16 minutes, until done to taste.

QuickThaw: QuickThaw chicken by submerging the well-sealed bag in water for 15–20 minutes.

Cooking Method: QuickThaw/Sauté

Chicken: Once thawed, sauté chicken over medium-low heat, flipping once, until internal temp reaches 165°F.

Cider Glaze: Add frozen or thawed apple cider glaze to a small skillet and simmer over medium heat, stirring frequently, until sauce thickens to a honey-like consistency.

Internal temp: 165°F.

Serving Suggestions: Spoon Cider Glaze over chicken. Serve with green beans and Cranberry Pecan Rice.

Please Note: Cooking times are estimates and vary based on your actual oven, stovetop, or slow cooker, as well as item thickness and starting temperature. For best results, always verify the internal temperature of your meals. We recommend instant-read pocket thermometers – they are inexpensive, convenient, and very easy to use.

Nutritional Information

Per Serving: Chicken & Sauce: 235 cal, 3g fat, 1g saturated fat, 80mg cholesterol, 550mg sodium, 6g carbohydrates, 0g fiber, 33g protein. **Rice:** 250 cal, 5g fat, 0g saturated fat, 0mg cholesterol, 450mg sodium, 47g carbohydrates, 3g fiber, 4g protein.

Contains: Dairy. Wheat. Soy. Tree Nuts/Pecans.

Ingredients: chicken breast, apple cider, Dijon mustard, parsley, tomato paste, flour, canola oil, chicken base, onion powder, garlic powder, salt, spices. **Rice:** white rice, raisins, chopped pecans, dry chicken bouillon, salt.

Please Note: Because Dinner Done dishes are hand-crafted, exact information may vary. Nutritional information calculated based on 3 servings per entree.



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