



► SERVES 4

- 1 tbsp (15 mL) canola oil
- 4 4-oz. (125 g) boneless, skinless chicken thighs
- 2 tbsp (30 mL) Dijon Mustard Rub, divided
- 1 small onion
- 1 pkg (8 oz./250 g) cremini (baby bella) mushrooms
- 1 pint (500 mL) cherry tomatoes
- 1 bunch (about 1 lb./450 g) asparagus, trimmed
- 2 garlic cloves
- ½ tsp (2 mL) salt
- ⅓ cup (75 mL) white wine or chicken broth
- ½ lemon

Roasted Chicken & Asparagus with Pan Sauce

1. Preheat the oven to 425°F (220°C). Heat the oil in the 10" (25-cm) or 12" (30-cm) **Stainless Steel Nonstick Skillet** over medium-high heat for 3–5 minutes.
2. Season both sides of the chicken with 1 tbsp (15 mL) of the rub. Place the chicken in the pan and sear for 4 minutes. Turn the chicken over and sear for 1 additional minute. Remove the chicken from the pan (it won't be fully cooked).
3. Meanwhile, cut the onion in half lengthwise, from root to top. Slice the onion and mushrooms using the **Simple Slicer** on the #3 setting. Cut the tomatoes in half using the **Close & Cut** and the **Coated Chef's Knife**. Cut the asparagus into 1" (2.5-cm) pieces.
4. Add the onions, mushrooms, garlic pressed with the **Garlic Press**, and salt to the pan. Saute for 2–3 minutes, scraping the bottom of the pan to release the fond.
5. Add the wine, lemon juiced with the **Citrus Press**, and remaining rub. Simmer, uncovered, for 3–5 minutes, or until the liquid has reduced by half.
6. Add the tomatoes and asparagus to the pan and stir to combine. Place the chicken on top of the mixture and bake for 12–15 minutes, or until the internal temperature of the chicken reaches 165°F (74°C).

COOK'S TIPS

Make the Lightened-Up Mashed Potatoes as a side. Quarter 1½ lbs. (700 g) of red potatoes and place in the **Rockcrok® Everyday Pan**. Microwave, covered, on HIGH for 12–14 minutes, or until the potatoes are fork-tender. Mash the potatoes with the **Mix 'N Masher**. Add 1 garlic clove pressed with the **Garlic Press**, 1½ cups (375 mL) of unsweetened almond milk or your preferred milk, 1 tbsp (15 mL) of Dijon mustard, salt, and pepper to taste. Continue to mash until desired consistency is reached.



Roasted Chicken & Asparagus with Pan Sauce

Impress the Guests

Use the tips and information on this page to help you expertly prepare this dish, sell the products used to make it, and impress the party guests!

Cooking & Food

Asparagus Prepping

The ends of asparagus have a woody texture that never really gets soft. To trim asparagus, just snap one of the asparagus between your fingers, then cut the rest of them to the same length.

Mushroom Prepping

Precut mushrooms take a lot longer to cook down. The cut sides of the mushrooms seal up, and don't release moisture. Buy whole mushrooms instead, and quickly slice them with the Simple Slicer or Quick Slice.

How to Sear

A good sear requires patience. Here's how to get a proper sear:

1. Preheat the pan with the oil for 3–5 minutes on medium-high heat.
2. Put the chicken in the pan and set a timer for 4 minutes. Don't shake, stir, flip, or peek.

After searing, browned bits will be on the bottom of the pan. These browned bits are called fond. There's a ton of flavor in the fond that will add flavor to the pan sauce. The browned bits will be released while sauteing the vegetables and then by deglazing the pan with liquid.

How to Make Pan Sauce

Once the fond is released, follow these steps to make the sauce:

1. Deglaze the pan by adding broth, wine, or lemon juice. This helps to release the remaining browned bits and adds a ton of flavor to the pan sauce.
2. Simmer the sauce to reduce because the more you eliminate, the more flavor you'll have.

Product Selling

10" (25-cm) or 12" (30-cm) Stainless Steel Nonstick Skillet

This pan takes the intimidation out of cooking with stainless steel. It has the beauty and function of stainless steel, but with the easier cleanup expected from nonstick. It's perfect for searing, browning, and sauteing. The nonstick mesh grid helps create flavorful pan sauces and gravy.

More to Share

Ingredient Substitutions

The recipe calls for chicken thighs because they're tender and juicy. If you don't like chicken thighs, try it with boneless, skinless chicken breasts.

If you have family members that aren't a big fan of mustard, use any rub you like: **Garlic Rub**, **Sweet Basil Rub**, **Lemon Pepper Rub**, or **Garlic & Herb Rub**.

The cremini (baby bella) mushrooms give deep flavor to the dish, but white button mushrooms or shiitake mushrooms are both great.

You can substitute any fresh green vegetable for the asparagus: green beans, zucchini, spinach, or broccoli. Make it your own!

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