



Pan-Roasted Chicken

with Caramelized Apples and Horseradish
Mashed Potatoes

In winter, we're quickly comforted by the hearty pairing of meat and potatoes, but always crave a brighter counterpoint to keep things from getting too heavy. Here, seasonal Gala apples are sliced thin and caramelized with red onion, balsamic vinegar, and a touch of brown sugar for a sweet but tangy side. The tender apples also lend a juicy sauce to pan-roasted chicken breasts, complete with crispy skin.

35-45 minutes 3 servings 790 calories per serving

Plated.

Ingredients

- 2 russet potatoes
- 1 red onion
- 3 Gala apples
- $\frac{1}{8}$ ounce sage
- 1½ tablespoons horseradish
- 4 ounces milk
- 2 tablespoons butter, divided
- 2 tablespoons light brown sugar
- $\frac{1}{4}$ cup white wine
- 1 tablespoon balsamic vinegar
- 3 boneless chicken breasts

You'll Need

- 1 tablespoon olive oil
- kosher salt
- black pepper
- 8" medium pot with lid
- potato masher (optional)
- 10" medium pan
- 12" large pan

Recipe Tips

Be sure to read through the entire recipe before you begin cooking.

How to use the remaining sage? Stir leaves into melted butter for a quick and comforting pasta sauce!

Russet potatoes are great for mashing because they are high in starch and easily absorb butter and milk. Be sure to mash until smooth, but still light and airy. Over-mashing can create a gluey texture.

The chicken might have a slight odor as a natural reaction to its vacuum packing. USDA recommends cooking chicken to 165°F.

Great food starts with great ingredients. We're proud to send you chicken responsibly raised



1. Boil Potatoes

Cut **potatoes** into $\frac{1}{2}$ -inch dice, then place in a medium pot. Cover with cold water and generously season with **salt**. Bring to a boil over high heat and cook until tender when pierced with a knife tip, about 8 minutes. Drain and return to pot off heat, then cover and set aside.



2. Prepare Ingredients

While potatoes boil, peel **onion**, halve, and thinly slice. Rinse **apples**, halve, remove and discard cores, and cut into $\frac{1}{4}$ -inch slices. Finely chop **half of sage** leaves, discarding stems; save remaining whole herb sprigs for another recipe (see Recipe Tip).



3. Mash Potatoes

Add **horseradish**, $\frac{1}{2}$ cup **milk**, and **half of butter** to pot with potatoes. Using a large fork or potato masher, mash until smooth (see Recipe Tip). Taste and add **salt** and **pepper** as desired. Cover to keep warm, and set aside.



4. Caramelize Apples

Heat **remaining butter** in a medium pan over medium heat. When butter is foamy, add **onion** and sauté, stirring occasionally, until soft, 5-7 minutes. Add **brown sugar** and **apples** and cook, stirring, until fruit begins to soften, 5 minutes. Add **wine** and reduce slightly, 30 seconds. Add **balsamic vinegar** and chopped **sage** and cook until apples are very tender and caramelized, 2 minutes more. Season with $\frac{1}{4}$ **teaspoon salt** and **pepper**. Remove from heat.



5. Sear Chicken

While apple caramelizes, heat 1 **tablespoon olive oil** in a large pan over medium-high heat. Pat **chicken** dry with paper towel and season all over with $\frac{3}{4}$ **teaspoon salt** and **pepper** as desired. When oil is shimmering, add **chicken** skin-side down and sear until skin is golden brown and easily lifts from pan, 5-6 minutes. Flip and continue searing until chicken is cooked through and no longer pink, about 5 minutes more.



6. Plate Pan-Roasted Chicken

Divide **chicken** among plates with **caramelized apples** and serve with a heap of **horseradish mashed potatoes**. Dig in!

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