

## Apple-Dijon Chicken Sandwich

**2 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30**

Windy Meadows Ground Chicken, thawed  
Farmhouse Kitchen Apple Mustard Dressing, stirred well before use  
Farmhouse Kitchen Balsamic Glaze  
Slow Dough Bread Company Pretzel Bun, thawed  
Gundermann Acres Dino Kale, washed  
Gundermann Acres Carrots, greens removed, washed, peeled (optional)  
Canola or Olive Oil  
Salt and Pepper

**STEP 1** Preheat oven to 375°F degrees. Arrange oven racks to middle and bottom positions. While the oven is preheating, remove and discard the large kale stems from half of the bunch. Reserve remainder of the bunch for a future meal. Slice the kale leaves into ribbons, as thinly as possible, and add to a mixing bowl. For a softer slaw texture, toss the kale ribbons with the apple-mustard dressing and season to taste with salt and pepper. Store in the refrigerator and toss once more when ready to serve. For a crunchier, more firm texture, toss the kale ribbons with the dressing and season with salt and pepper immediately before serving.

**STEP 2** Cut the carrots in half or into quarters widthwise (about 2" pieces). Set aside on a foiled-lined baking sheet. Drizzle with 1 tbsp. oil, season with ¼ tsp. salt and pepper, and toss to coat. Roast in the oven for 15 minutes. Remove from the oven, add the balsamic glaze and toss with a spatula. Return the vegetables to the oven and roast for an additional 10-12 minutes until tender. Toss the vegetables once more to coat with any glaze left on the baking sheet before serving.

**STEP 3** While the carrots roast, heat a large cast iron skillet or oven-safe saute pan over medium-high heat. As the skillet is heating, combine ground chicken and ½ tsp. salt and pepper with your hands to evenly distribute and then form three burger patties a little wider than the size of the pretzel buns (approximately 5-6"). When the skillet is hot, add 1 tbsp. oil and then add burger patties. Sear patties for 3-4 minutes on the first side or until golden brown and caramelized. Flip the patties over with a spatula and cook for 1 minute. Transfer skillet with burger patties to the bottom oven rack. Cook burger patties in the oven for 3-5 minutes, or until the internal temperature reaches 165°F. Remove burgers from oven and set aside until ready to serve. (Note: If you prefer a thinner burger, form four patties. Reduce oven time to 4-5 minutes or cook completely on the stove top. Leftover chicken patties are great on a salad or in a patty melt.)

**STEP 4** During the last 3-5 minutes that the burgers and carrots are cooking in the oven, add the sliced pretzel buns to lightly toast.

**STEP 5** To assemble the burger, add the chicken patty to the bottom bun and top with the apple-mustard kale slaw, followed by the top bun. Serve the burger with a side of balsamic glaze roasted carrots. Enjoy!

## Apple-Dijon Chicken Sandwich

4 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30

Windy Meadows Ground Chicken, thawed  
Farmhouse Kitchen Apple Mustard Dressing, stirred well before use  
Farmhouse Kitchen Balsamic Glaze  
Slow Dough Bread Company Pretzel Bun, thawed  
Gundermann Acres Dino Kale, washed  
Gundermann Acres Carrots, greens removed, washed, peeled (optional)  
Canola or Olive Oil  
Salt and Pepper

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**STEP 2** Cut the carrots in half or into quarters widthwise (about 2" pieces). Set aside on a foiled-lined baking sheet. Drizzle with 2 tbsp. oil, season with 1/2 tsp. salt and pepper, and toss to coat. Roast in the oven for 15 minutes. Remove from the oven, add the balsamic glaze and toss with a spatula. Return the vegetables to the oven and roast for an additional 10-12 minutes until tender. Toss the vegetables once more to coat with any glaze left on the baking sheet before serving. (NOTE: You may need to roast carrots in multiple batches)

**STEP 3** While the carrots roast, heat a large cast iron skillet or oven-safe saute pan over medium-high heat. As the skillet is heating, combine ground chicken and 1 tsp. salt and pepper with your hands to evenly distribute and then form three burger patties a little wider than the size of the pretzel buns (approximately 5-6"). When the skillet is hot, add 2 tbsp. oil and then add burger patties. Sear patties for 3-4 minutes on the first side or until golden brown and caramelized. Flip the patties over with a spatula and cook for 1 minute. Transfer skillet with burger patties to the bottom oven rack. Cook burger patties in the oven for 3-5 minutes, or until the internal temperature reaches 165°F. Remove burgers from oven and set aside until ready to serve. (NOTE: You may need to cook chicken in multiple batches. Also, if you prefer a thinner burger, form four patties. Reduce oven time to 4-5 minutes or cook completely on the stove top. Leftover chicken patties are great on a salad or in a patty melt.)

**STEP 4** During the last 3-5 minutes that the burgers and carrots are cooking in the oven, add the sliced pretzel buns to lightly toast.

**STEP 5** To assemble the burger, add the chicken patty to the bottom bun and top with the apple-mustard kale slaw, followed by the top bun. Serve the burger with a side of balsamic glaze roasted carrots. Enjoy

## **STORAGE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS**

Ground Chicken - Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Apple Mustard Dressing - Store in the refrigerator. Use within 5 days. (Ingredients: apple puree, dijon mustard, apple cider vinegar, rosemary, canola oil)

Balsamic Glaze - Store in the refrigerator. Use within 5 days. (Ingredients: balsamic vinegar, onion, dijon mustard, YoungBloods honey, canola oil)

Pretzel Bun - Store in the freezer until ready to use. Will thaw on the counter in 30-45 minutes.

Kale - Wrap in a paper towel and place in a plastic bag in the refrigerator. Use within 5 days.

Carrots - Remove top greens, if any. Store carrots in the crisper drawer of the refrigerator, and use within 5 days.

**\*Contains gluten and egg inclusive ingredients.**

**\*\*Not made with dairy, nuts, peanuts fish or shellfish containing ingredients.**

**\*\*\*Prepared in a facility that may contain gluten, dairy, egg, nuts, peanuts, fish and shellfish.**

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