

## Apricot Glazed Chicken Breast

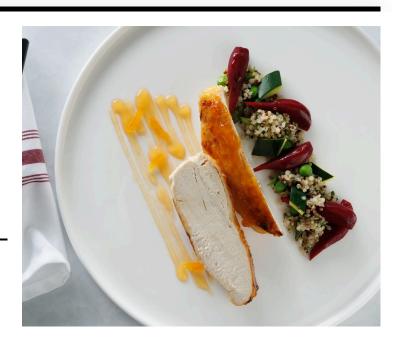
Elevate your repertoire with Andros Professional Apricot Spreads, enhancing boneless, skinless chicken breasts with Dijon mustard, salt, and black pepper for a flavorful delight.

## INGREDIENTS

- 1/2 cup ANDROS Professional Apricot Spreads
- 4 each 6-7oz. Chicken breast, boneless/skinless
- 1 tbsp. Dijon mustard
- 2 tsp. Salt (Kosher)
- 1/2 tsp. Black pepper

## INSTRUCTIONS

- **1.** Mix together mustard and Andros Professional Apricot Spreads. Set aside in two separate bowls. Lay out the 4 chicken breasts and generously season with salt and pepper on both sides.
- 2. In a preheated saute pan with a light coating of olive oil, place the chicken breast skin side down first and sear until golden brown, about 2 minutes on either side. Take out and rest on a roasting rack with a sheet pan underneath. Generously coat chicken breasts with one of the separated apricot mustard sauces. Cook in preheated oven with convection at 375°F for 15 minutes to an internal temperature of 165°F, glazing several times during the cooking process with more apricot mustard sauce.
- **3.** Let rest for 10 minutes, then slice into medallions or in half depending on your desired presentation. Serve with a variety of seasonal vegetables and grains or whipped potatoes. Use the clean apricot mustard sauce as an accompaniment to your chicken dish, if desired.



## FEATURED INGREDIENT



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