

# 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 pre-heated 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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