

Quick & Easy

THE COSTCO WAY

Sunkist Cara Cara Dijon Chicken

Makes 4 servings

Ingredients:

2 leeks
½ cup flour
1 tsp sea salt
½ tsp black pepper
¼ tsp cayenne pepper
4 boneless, skinless chicken breasts
1 to 2 Tbsp olive oil
1 Tbsp butter
2 Tbsp whole-grain Dijon mustard
1 Tbsp honey
1 bunch thyme sprigs
1 cup low sodium chicken broth
Juice of 4 Sunkist® Cara Cara Oranges
3 Tbsp vermouth
1 Tbsp cornstarch
1 Tbsp water
1 Sunkist® Cara Cara Orange, segmented

Instructions:

Slice the leeks in half lengthwise. Cut into ½-inch pieces, crosswise. Transfer to a large bowl filled with cool water. Swish vigorously to loosen dirt or debris trapped between the layers. Transfer washed leeks to a salad spinner. Spin dry and set aside.

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Continued.

In a shallow bowl or pan, mix flour, salt, pepper and cayenne. Pat the chicken dry with paper towels. Dip into the flour mixture to coat. Add olive oil to a skillet. Heat over medium-high. When the oil is hot, add the chicken. Do not overcrowd the pan. Cook in batches if necessary. Cook for 4 to 5 minutes. Flip. Cook for an additional 3 to 4 minutes.

Transfer to a rimmed baking sheet. Turn the heat down to medium. Add butter to the skillet. Stir the leeks into the butter to coat. Cover with a lid. Cook for 4 to 6 minutes, stirring occasionally, until the leeks are softened and translucent. Stir in the mustard, honey, thyme, broth, Sunkist Cara Cara orange juice and vermouth. Turn the heat up. Bring the sauce to a boil.

Transfer the chicken to the pan and nestle them down into the sauce. Cover. Cook for 5 to 8 minutes, or until the chicken is cooked through. Mix the cornstarch and water to form a slurry. Stir into the sauce. Let it come to a boil and cook for 1 minute. The sauce will thicken. Add orange slices to warm them up. Serve immediately.

Tip: Serve with orzo or egg noodles.

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