



► SERVES 4

- 1 tbsp (15 mL) canola oil
- 4 4-oz. (125 g) boneless, skinless chicken thighs
- 2 tbsp (30 mL) Dijon Mustard Rub, divided
- 1 small onion
- 1 pkg (8 oz./250 g) cremini (baby bella) mushrooms
- 1 pint (500 mL) cherry tomatoes
- 1 bunch (about 1 lb./450 g) asparagus, trimmed
- 2 garlic cloves
- ½ tsp (2 mL) salt
- ⅓ cup (75 mL) white wine or chicken broth
- ½ lemon

Roasted Chicken & Asparagus with Pan Sauce

1. Preheat the oven to 425°F (220°C). Heat the oil in the 10" (25-cm) or 12" (30-cm) **Stainless Steel Nonstick Skillet** over medium-high heat for 3–5 minutes.
2. Season both sides of the chicken with 1 tbsp (15 mL) of the rub. Place the chicken in the pan and sear for 4 minutes. Turn the chicken over and sear for 1 additional minute. Remove the chicken from the pan (it won't be fully cooked).
3. Meanwhile, cut the onion in half lengthwise, from root to top. Slice the onion and mushrooms using the **Simple Slicer** on the #3 setting. Cut the tomatoes in half using the **Close & Cut** and the **Coated Chef's Knife**. Cut the asparagus into 1" (2.5-cm) pieces.
4. Add the onions, mushrooms, garlic pressed with the **Garlic Press**, and salt to the pan. Saute for 2–3 minutes, scraping the bottom of the pan to release the fond.
5. Add the wine, lemon juiced with the **Citrus Press**, and remaining rub. Simmer, uncovered, for 3–5 minutes, or until the liquid has reduced by half.
6. Add the tomatoes and asparagus to the pan and stir to combine. Place the chicken on top of the mixture and bake for 12–15 minutes, or until the internal temperature of the chicken reaches 165°F (74°C).

COOK'S TIP

Make the Lightened-Up Mashed Potatoes as a side. Quarter 1½ lbs. (700 g) of red potatoes and place in the **Rockrok® Everyday Pan**. Microwave, covered, on HIGH for 12–14 minutes, or until the potatoes are fork-tender. Mash the potatoes with the **Mix 'N Masher**. Add 1 garlic clove pressed with the **Garlic Press**, 1½ cups (375 mL) of unsweetened almond milk or your preferred milk, 1 tbsp (15 mL) of Dijon mustard, salt, and pepper to taste. Continue to mash until desired consistency is reached.