

# RECIPE

*main dishes*

Chicken Tenderloins, Apples and  
Butternut Squash with Cider Sauce



## bon COOK Products:

- Medium Bonmat
- Medium Perforated Baking Sheet
- Mixing Bowl
- Rectangular Flexipat
- Round Mold

## RECIPE YELD

Active Time: 30 minutes

Total Time: 1 hour

Servings: Based on the amount of tenderloin

## Roasted Apples and Butternut Squash

### Ingredients

- 1 butternut squash
- 5 golden apples
- 1 ½ cups apple cider
- 2 ½ tablespoons butter
- ¼ teaspoon pepper
- ½ teaspoon Salt Gris
- ¼ teaspoon allspice

## Tenderloins Ingredients

- 1 chicken tenderloin for each guest or skinless chicken breasts cut into tenderloin sizes
- buttermilk to marinate
- 1 ½ cups breadcrumbs
- Sel Gris salt
- Ground, black pepper
- 1 tablespoon French Pantry Herbs de Provence Herb Blend

### Tenderloin Instructions:

1. Preheat oven to 400°F, place oven rack in center position and place the *Medium Bonmat* on the *Perforated Baking Sheet* and set aside.
2. Place chicken in a container and cover with buttermilk marinating for 1 hour.
3. In *Mixing Bowl*, combine breadcrumbs, salt, and pepper, then add in herbs and mix well.
4. Drain the chicken from buttermilk and roll in the crumb mixture until generously coated.
5. Place on the *Bonmat* and bake for 15-18 minutes.
6. Serve over a bed of apples and squash and drizzle reduced cider mixture.

### Roasted Apples and Butternut Squash Instructions:

1. Preheat oven to 400°F, place oven rack in center position, place the *Flexipat* on the *Perforated Baking Sheet* and set aside.
2. Cut squash in half, lengthwise, and then half again (remove seeds).
3. Place the squash in *Round Mold* and cover with *Bonmat*, then steam in microwave for 6 minutes.
4. When cool enough to handle, peel, and cut the squash in cubes.
5. Cube apples into ½ inch pieces and place on *Bonmat* with squash.
6. In saucepan, bring cider, butter, pepper, salt, and allspice to a boil and reduce by 1/3.
7. Drizzle squash and apples with ½ of the reduced cider mixture and reserve the rest.
8. Bake 15-18 minutes.
9. Drizzle remaining mixture over chicken, apples and butternut squash.

*Enjoy!*