

Curry-Spiced Chicken Thighs

with Sugar Snap Peas & Fingerling Potatoes

This Indian-inspired recipe uses classic spices and preparations along with seasonal vegetables to create a wonderfully balanced, fresh dish. In addition to Madras curry powder (a blend of chiles popular in Southern India), you'll create a flavorful yogurt sauce with cucumber and lemon juice to top the dish. Similar to raita (a traditional, versatile Indian yogurt condiment), the sauce's cool richness beautifully contrasts the spiced chicken.



Ingredients

- 2 Bone-In, Skin-On Chicken Thighs
- ½ Pound Fingerling Potatoes
- ½ Cup Low-Fat Plain Greek Yogurt
- 6 Ounces Sugar Snap Peas
- 1 Kirby Cucumber
- 1 Lemon
- 1 Bunch Mint

Knick Knacks

- 1 1-Inch Piece Ginger
- 1 Tablespoon Madras Curry Powder

Makes 2 Servings

About 665 Calories Per Serving

Cooking Time: 35 to 45 minutes



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/621

1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Cut the potatoes lengthwise into 1-inch-wide wedges. Trim off and discard the end of each sugar snap pea; pull off and discard the tough string that runs the length of the pod. Grate the cucumber. Quarter and deseed the lemon. Pick the mint leaves off the stems; discard the stems. Peel and mince the ginger.

2



Roast the potatoes:

Place the **potatoes** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange the seasoned potatoes in a single, even layer and roast 14 to 16 minutes, or until browned and tender when pierced with a fork.

3



Cook the chicken:

While the potatoes roast, pat the **chicken thighs** dry with paper towels; season with salt, pepper and **half the Madras curry powder**. In a medium pan, heat 2 teaspoons of olive oil on medium until hot. Add the seasoned chicken and cook, loosely covering with aluminum foil, 8 to 10 minutes per side, or until browned and cooked through. Transfer to a plate and set aside in a warm place, leaving any browned bits (or fond) in the pan.

4



Make the yogurt sauce:

While the chicken cooks, using your hands, squeeze the **grated cucumber** over a bowl to release as much liquid as possible; discard the liquid. In a medium bowl, combine the **drained cucumber**, **yogurt** and the **juice of 2 lemon wedges**; season with salt and pepper to taste.

5



Finish the vegetables:

Add 2 teaspoons of olive oil to the pan of reserved fond and heat on medium-high until hot. Add the **ginger** and **remaining Madras curry powder**. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Add the **sugar snap peas**, **roasted potatoes** and **2 tablespoons of water**. Cook, stirring occasionally, 1 to 2 minutes, or until the sugar snap peas are bright green. Remove from heat. Add the **mint** (roughly chopping just before adding) and the **juice of the remaining lemon wedges**; stir to combine and season with salt and pepper to taste.

6



Plate your dish:

Divide the **finished vegetables** and **cooked chicken** between 2 plates. Garnish each with a **spoonful of the yogurt sauce**. Serve with the **remaining yogurt sauce** on the side. Enjoy!