

# Seared Chicken

*with Sautéed Purple Potatoes, Kale & Apple*

In this recipe, we're serving crispy-skinned chicken over a hearty sauté of purple potatoes, Granny Smith apple and kale. Purple potatoes (popular throughout South America) add gorgeous color and deeper flavor to the savory-sweet sauté, which gets a mild kick from whole grain mustard. To round out our elegant meal, we're topping it all off with a simple, delicious pan sauce.

## Blue Apron Wine Pairings

Giuseppe Caviola Super Tuscan Blend, 2014  
Iris Vineyards Pinot Noir, 2014



## Ingredients

2 Boneless, Skin-On Chicken Breasts  
10 Ounces Purple Potatoes  
1 Granny Smith Apple  
1 Yellow Onion  
½ Bunch Kale

## Knick Knacks

2 Tablespoons Sliced Almonds  
1 Tablespoon Butter  
1 Tablespoon Whole Grain Dijon Mustard

**Makes:** 2 servings | **Calories:** about 700 per serving  
**Prep Time:** 10 minutes | **Cook Time:** 20–30 minutes



# Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/851](https://blueapron.com/recipes/851)

1



## Prepare the ingredients:

Wash and dry the fresh produce. Medium dice the potatoes. Peel and medium dice the onion. Remove and discard the kale stems; roughly chop the leaves. Peel, core and medium dice the apple.

2



## Brown the potatoes:

In a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **potatoes**; season with salt and pepper. Cook, stirring occasionally, 8 to 10 minutes, or until browned and slightly softened.

3



## Finish the vegetables:

Add the **onion** to the pan of potatoes; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until softened. Add the **kale, apple** and **2 tablespoons of water**; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until the kale has wilted. Add the **almonds, mustard** and **2 tablespoons of water**; cook, stirring frequently, 30 seconds to 1 minute, or until thoroughly combined. Remove from heat and season with salt and pepper to taste.

4



## Cook the chicken:

While the vegetables cook, pat the **chicken** dry with paper towels; season with salt and pepper on both sides. In a separate medium pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken, skin sides down; cook, loosely covering the pan with aluminum foil, 4 to 6 minutes per side, or until browned and cooked through. Transfer to a plate, leaving any browned bits (or fond) in the pan. Set the cooked chicken aside in a warm place.

5



## Make the pan sauce:

Add the **butter** and **¼ cup of water** to the pan of reserved fond; season with salt and pepper. Cook on medium, scraping up any fond from the bottom of the pan, 1 to 2 minutes, or until thoroughly combined and slightly thickened. Remove from heat and season with salt and pepper to taste.

6



## Plate your dish:

Divide the **finished vegetables** and **cooked chicken** between 2 plates. Top with a few spoonfuls of the **pan sauce**. Enjoy!