

# Pan-Seared Chicken

*with Pesto-Dressed Squash & Fingerling Potatoes*

Tonight, we're making a refreshing take on pesto that's a wonderful complement to a medley of roasted vegetables. Instead of the usual basil, we're using peppery arugula (cooked briefly to temper its bold flavor) and combining it with almonds, Parmesan and bright lemon juice. We're then tossing it with seasonal eight ball squash—a small, round variety with mottled green skin—delicately flavored fingerling potatoes and red onion. Topped with juicy chicken and garnished with fresh basil, it makes for a light, refreshing meal.

#### Blue Apron Wine Pairing

Le Pont Vers Le Bar Chinon, 2015



## Ingredients

- 4 Boneless, Skinless Chicken Breasts
- 6 Ounces Arugula
- 2 Cloves Garlic
- 1 Eight Ball Squash
- 1 Lemon
- 1 Red Onion
- $\frac{3}{4}$  Pound Fingerling Potatoes
- 1 Bunch Basil

## Knick Knacks

- $\frac{1}{3}$  Cup Grated Parmesan Cheese
- $\frac{1}{4}$  Cup All-Purpose Flour
- $\frac{1}{4}$  Cup Sliced Almonds

**Makes:** 4 servings | **Calories:** about 540 per serving

**Prep Time:** 15 minutes | **Cook Time:** 25–35 minutes



# Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/fp291](https://blueapron.com/recipes/fp291)

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## Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Halve the potatoes lengthwise. Peel and halve the onion, then slice into ¼-inch-wide wedges; separate the layers. Cut off and discard both ends of the squash. Halve the squash, then slice into ½-inch-thick wedges. Peel and finely chop the garlic. Finely chop the almonds. Quarter and deseed the lemon. Pick the basil leaves off the stems; discard the stems.

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## Roast the potatoes & vegetables:

Place the **potatoes** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer, cut sides down, on 1 side of the sheet pan. Roast 9 to 11 minutes, or until slightly tender. Remove from the oven, leaving the oven on. While the potatoes roast, place the **onion** and **squash** in a bowl. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Using caution with the hot pan, arrange the seasoned onion and squash on the other side of the sheet pan. Roast 13 to 15 minutes, or until the potatoes are browned and tender when pierced with a fork. Remove from the oven.

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## Coat & cook the chicken:

While the potatoes roast, place the **flour** on a plate. Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat the seasoned chicken in the flour (tapping off any excess). In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the coated chicken and cook 3 to 5 minutes per side, or until golden brown and cooked through. Transfer to a plate, leaving any browned bits (or fond) in the pan. Set aside in a warm place.

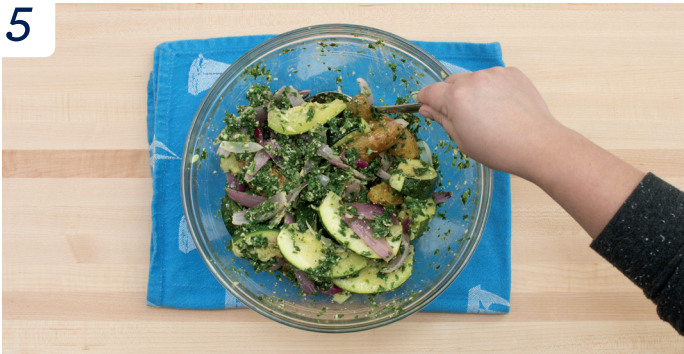
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## Cook & drain the arugula:

While the potatoes and vegetables roast, heat the pan of reserved fond on medium-high until hot. Add the **garlic** and **arugula**; season with salt and pepper. (If the pan seems dry, add 2 teaspoons of olive oil.) Cook, stirring occasionally and scraping up any fond, 2 to 3 minutes, or until wilted. Transfer to a strainer; hold or rest over a bowl. Using a spoon, press down on the cooked arugula to release as much liquid as possible; discard the liquid. Transfer to a cutting board and finely chop. Transfer to a large bowl. Wipe out the pan.

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## Make the pesto & dress the vegetables:

To the bowl of **chopped arugula**, add the **almonds**, **cheese** and **the juice of all 4 lemon wedges**. Slowly stir in enough olive oil to create a rough paste; season with salt and pepper to taste. Add the **roasted vegetables**; toss to thoroughly coat and season with salt and pepper to taste.

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## Plate your dish:

Divide the **dressed vegetables** between 4 dishes. Top with the **cooked chicken**. Garnish with the **basil** (tearing just before adding). Enjoy!