

# Provençal Seared Chicken

*with Fingerling Potatoes, Green Beans & Almonds*

This delicious summer recipe is rich with the fragrant flavors of Provence, a vibrant region in Southeastern France. We're sautéing tender fingerling potatoes, crisp green beans and fresh tomato together with chicken—plus a little butter, vinegar and water to create a simple, delicious sauce. And in true Provençal fashion, we're using plenty of fresh herbs and aromatics—including garlic, shallot and fresh thyme. A simple garnish of sliced almonds adds the perfect, nutty crunch.

## Blue Apron Wine Pairing

Palmina Sangiovese, 2015



## Ingredients

12 Boneless, Skinless Chicken Thighs  
3 Cloves Garlic  
1 Pound Fingerling Potatoes  
1 Tomato  
1/2 Pound Green Beans  
1 Bunch Thyme

## Knick Knacks

2 Tablespoons Butter  
2 Tablespoons White Wine Vinegar  
1 Shallot  
1/4 Cup All-Purpose Flour  
1/4 Cup Sliced Almonds

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

**Prep Time:** 15 minutes | **Cook Time:** 35–45 minutes

1



### Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Snap off and discard the stem ends of the green beans; cut in half crosswise. Slice the potatoes into 1-inch-thick pieces on an angle. Peel and finely chop the garlic. Peel and thinly slice the shallot. Pick the thyme off the stems; discard the stems and roughly chop the leaves. Core and medium dice the tomato.

2



### Blanch the green beans:

Add the **green beans** to the pot of boiling water. Cook 3 to 5 minutes, or until bright green and slightly softened. Using a slotted spoon, carefully transfer the cooked green beans to a strainer, leaving the pot of water boiling. Rinse the green beans under cold water for 30 to 45 seconds to stop the cooking process; drain thoroughly.

3



### Cook the potatoes:

Add the **potatoes** to the pot of boiling water used to cook the green beans. Cook 12 to 14 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Set aside in a warm place.

4



### Coat & cook the chicken:

While the potatoes cook, pat the **chicken** dry with paper towels; season on both sides with salt and pepper. Transfer to a large bowl. Add the **flour**; toss to coat. In a large pan, heat 1 tablespoon of oil on medium-high until hot. Working in 2 batches, add the chicken (tapping off any excess flour); cook 4 to 6 minutes on the first side, or until browned. Flip; add 1 teaspoon of oil the pan. Cook 2 to 4 minutes, or until browned and cooked through. Transfer to a paper-towel lined plate, leaving any browned bits (or fond) in the pan.

5



### Finish the chicken & make the sauce:

To the pan of fond, add the **cooked chicken, garlic, shallot and thyme**; season with salt and pepper. Cook on medium-high, stirring occasionally, 30 seconds to 1 minute, or until softened and fragrant. Add the **tomato, vinegar** and  $\frac{1}{2}$  **cup of water**; season with salt and pepper. Cook, stirring occasionally and scraping up any fond, 4 to 6 minutes, or until the tomato has softened. Add the **butter, blanched green beans and cooked potatoes**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until well combined. Remove from heat; season with salt and pepper to taste.

6



### Plate your dish:

Divide the **finished chicken, vegetables and sauce** between 4 plates. Garnish with the **almonds**. Enjoy!