

Seared Chicken & Caramelized Vegetables

with Roasted Cherry Tomatoes & Mashed Potatoes

Caramelized onion—or onion cooked slowly to brown its natural sugars—adds incredible depth of flavor to countless dishes in French cuisine. Here, we're adding another vegetable to the mix: anise-like fennel. Finished together in a rich pan sauce, the two make for a perfectly sweet counterpoint to our savory chicken. Cherry tomatoes roasted with sprigs of thyme complete the dish with refreshing pops of juiciness (and a subtly woodsy touch).

Blue Apron Wine Pairings

Viña Libertad Malbec, 2015

Sebastián San Martín Malbec, 2014



Ingredients

- 2 Boneless, Skinless Chicken Breasts
- 4 Ounces Cherry Tomatoes
- 2 Cloves Garlic
- 1 Yellow Onion
- 1 Fennel Bulb
- $\frac{3}{4}$ Pound Yukon Gold Potatoes
- 1 Bunch Thyme

Knick Knacks

- 2 Tablespoons Butter
- 2 Tablespoons All-Purpose Flour
- 1 Tablespoon Sherry Vinegar

Makes: 2 servings | **Calories:** about 760 per serving

Prep Time: 10 minutes | **Cook Time:** 30–40 minutes

Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/969

1



Prepare the ingredients:

Preheat the oven to 475°F. Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Medium dice the potatoes. Cut off and discard any fennel stems. Halve the fennel lengthwise; cut out and discard the core, then thinly slice. Peel and thinly slice the onion. Pick half the thyme leaves off the stems; discard the stems. Leave the remaining thyme sprigs whole. Peel and mince the garlic.

2



Coat & cook the chicken:

Place the **flour** on a plate. Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Coat the seasoned chicken in the flour (shaking off any excess). Transfer to a plate. In a large pan (nonstick, if you have one), heat 2 teaspoons 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.

3



Cook & mash the potatoes:

While the chicken cooks, add the **potatoes** to the pot of boiling water and cook 14 to 16 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Off the heat, add **half the butter**. Using a fork, mash to your desired consistency; season with salt and pepper to taste. Set aside in a warm place.

4



Caramelize the vegetables:

While the potatoes cook, add 2 teaspoons of olive oil to the pan of reserved fond and heat on medium-high until hot. Add the **fennel** and **onion**; season with salt and pepper. Cook, stirring frequently, 16 to 18 minutes, or until browned and very tender.

5



Roast the tomatoes:

While the vegetables cook, place the **tomatoes** and **whole thyme sprigs** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Roast 6 to 8 minutes, or until the tomatoes have softened. Remove from the oven. Carefully discard the thyme sprigs.

6



Finish & plate your dish:

Reduce the heat to medium and add the **garlic** to the pan of vegetables; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until fragrant. Stir in the **vinegar**, **remaining butter** and **¼ cup of water**. Cook, stirring occasionally, 30 seconds to 1 minute, or until well combined. Add the **cooked chicken** (and any juices from the plate) and **all but a pinch of the thyme leaves**. Cook, stirring occasionally, 1 to 2 minutes, or until well combined. (If the sauce seems dry, add 2 tablespoons of water.) Remove from heat. Divide the **mashed potatoes** and finished vegetables and chicken between 2 dishes. Garnish with the **roasted tomatoes** and **remaining thyme leaves**. Enjoy!