

Pan-Seared Chicken

with Roasted Fall Vegetables & Butter-Caper Sauce

This dish highlights some of autumn's finest produce, including acorn squash and cauliflower (which, depending on what's freshest near you, may be white, green, orange, purple or Romanesco). Roasted together with orange-hued potatoes, these vegetables take on a distinctive sweetness—a delicious counterpoint to our chicken's bright, briny pan sauce. (When peeling the acorn squash, we instruct you to leave alternating strips of skin intact. Since the skin is edible, there's no need to get in between the raised ridges with your peeler!)

Blue Apron Wine Pairings

Shannon Ridge Zinfandel, 2015

Somerbosch Pinotage, 2014



Ingredients

12 Boneless, Skinless Chicken Thighs
4 Cloves Garlic
1 Acorn Squash
1 Head Cauliflower
½ Pound Prince of Orange Potatoes
1 Large Bunch Parsley

Knick Knacks

2 Tablespoons Apple Cider Vinegar
2 Tablespoons Butter
1 Tablespoon Capers

Makes: 4 servings

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



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp371

1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Cut off and discard the ends of the squash. Peel the squash, leaving alternating strips of skin intact. Halve the squash; scoop out and discard the pulp and seeds, then large dice. Cut out and discard the cauliflower core; cut the head into bite-sized florets. Large dice the potatoes. Peel the garlic; finely chop 2 of the cloves and thinly slice the remaining cloves. Roughly chop the capers. Finely chop the parsley leaves and stems.

2



Roast the vegetables:

Place the **squash, cauliflower, potatoes** and **sliced garlic** on a sheet pan. Drizzle with **1 tablespoon of olive oil** and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer and roast 34 to 36 minutes, or until browned and tender when pierced with a fork. Remove from the oven; drizzle with **1 teaspoon of olive oil**.

3



Brown the chicken:

Once the vegetables have roasted for about 10 minutes, pat the **chicken** dry with paper towels; season with salt and pepper on both sides. In a large pan (nonstick, if you have one), heat 2 tablespoons of olive oil on medium-high until hot. Add half the seasoned chicken and cook 3 to 5 minutes per side, or until browned. Transfer to a plate, leaving any browned bits (or fond) in the pan. Repeat with the remaining seasoned chicken, leaving it in the pan.

4



Finish the chicken & make the pan sauce:

Return the first batch of **browned chicken** to the pan with the second batch. Add the **capers, butter** and **chopped garlic**. Cook, frequently swirling the pan, 30 seconds to 1 minute, or until fragrant. Add **½ cup of water** (be careful, as the sauce may splatter). Cook, occasionally turning the chicken, 1 to 2 minutes, or until the liquid has reduced in volume by about half and the chicken is cooked through. Add the **vinegar** and cook, frequently swirling the pan, 1 to 2 minutes, or until slightly thickened. Turn off the heat. Stir in **all but a pinch of the parsley**; season with salt and pepper to taste.

5



Plate your dish:

Divide the **roasted vegetables** between 4 dishes. Top with the **finished chicken** and **pan sauce**. Garnish with the **remaining parsley**. Enjoy!