

Seared Chicken & Mashed Jester Squash

with Balsamic-Caramelized Onion

Tonight, we're caramelizing an onion, or browning and cooking it down in a bit of liquid until incredibly soft, to make a delicious topping for our juicy chicken breasts. We're using tangy balsamic vinegar, which contrasts especially well with the sweetness of the onion. A sprinkling of nutty Piave cheese—a cow's milk variety from northern Italy—rounds out those flavors. And for a fitting cool-weather accent, we're serving it all atop roasted jester squash (a beautifully patterned cultivar) mashed with maple syrup.

Blue Apron Wine Pairings

Medel Pinot Noir, 2015



Ingredients

- 4 Boneless, Skinless Chicken Breasts
- 2 Jester Squash
- 1 Yellow Onion
- 1 Bunch Parsley

Knick Knacks

- 2 Ounces Piave Cheese
- 2 Tablespoons All-Purpose Flour
- 2 Tablespoons Butter
- 1½ Tablespoons Maple Syrup
- ⅓ Cup Balsamic Vinegar

Makes: 4 servings

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



Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/fp396

1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Using a sharp, sturdy knife, cut off and discard the ends of the squash. Peel the squash and halve lengthwise; using a spoon, scoop out and discard the pulp and seeds. Peel and thinly slice the onion. Grate the cheese (discarding any rind). Pick the parsley leaves off the stems; discard the stems.

2



Roast the squash:

Place the **squash** on a sheet pan. Drizzle with olive oil and season with salt and pepper; turn to thoroughly coat. Arrange cut sides down and roast, flipping halfway through, 30 to 32 minutes, or until golden brown and tender when pierced with a fork. Remove from the oven and carefully transfer to large bowl.

3



Caramelize the onion:

While the squash roast, in a large pan (nonstick, if you have one), heat 1 teaspoon of olive oil on medium until hot. Add the **onion** and cook, stirring occasionally, 10 to 12 minutes, or until lightly browned. Add **1 tablespoon of water**. Cook, stirring frequently, 2 to 3 minutes, or until the onion is browned and very tender. Add the **vinegar** and cook, scraping up any browned bits from the bottom of the pan, 1 to 2 minutes, or until the onion is glazed. Season with salt and pepper. Transfer to a plate; rinse and wipe out

4



Coat & cook the chicken:

While the squash continue to 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 (shaking off any excess). Transfer to a plate. In the same pan, 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. Turn off the heat.

5



Mash the squash:

Add the **butter** and **maple syrup** to the bowl of **roasted squash**; season with salt and pepper. Using a fork, mash to your desired consistency. Season with salt and pepper to taste.

6



Plate your dish:

Divide the **mashed squash** and **cooked chicken** between 4 dishes. Top with the **caramelized onion**, **cheese** and **parsley**. Enjoy!