


# Seared Chicken & Mashed Sweet Potatoes

*with Balsamic-Caramelized Onion*

As a delicious topping for our chicken tonight, we're caramelizing onion by browning it and cooking it down in a bit of liquid until incredibly soft. We're using tangy balsamic vinegar to glaze the onion, which makes for a sweet-tart contrast to nutty Piave cheese (a cow's milk variety from northern Italy). And for a richly flavored, cool-weather accent, we're serving it all atop sweet potatoes mashed with maple syrup and butter.

 **Blue Apron Wine Pairing**  
Medel Pinot Noir, 2015



## Ingredients

- 4 Boneless, Skinless Chicken Breasts
- 3 Sweet Potatoes
- 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:** 20–30 minutes



# Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/fp396](https://blueapron.com/recipes/fp396)

1



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Peel and thinly slice the onion. Peel and medium dice the sweet potatoes. Grate the cheese (discarding any rind). Pick the parsley leaves off the stems; discard the stems.

2



## Caramelize the onion:

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, 8 to 10 minutes, or until lightly browned. Add **2 tablespoons of water**. Cook, stirring frequently, 1 to 2 minutes, or until the onion is very tender. Add the **vinegar** (be careful, as the liquid may splatter) 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 and set aside in a warm place. Rinse and wipe out the pan.

3



## Cook & mash the sweet potatoes:

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

4



## Coat & cook the chicken:

While the sweet potatoes cook, 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). 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



## Plate your dish:

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