

# Seared Chicken & Mustard Pan Sauce

*with Summer Squash  
& Garlic Mashed Potatoes*

**PREP TIME:** 15 minutes

**COOK TIME:** 20-30 minutes

**SERVINGS:** 4

Tonight's dinner highlights two fantastic late-spring ingredients: sugar snap peas and tender summer squash. (You may receive grey zucchini, green zucchini, or yellow summer squash.) We're finishing our sautéed vegetables and seared chicken in a simple, flavorful pan sauce of Dijon mustard, butter, and lemon. On the side, we're mashing potatoes (boiled with whole garlic for an aromatic touch) with fromage blanc, a creamy fresh cheese.



#### BLUE APRON WINE PAIRING:

Griolamo Grillo, 2016

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## Ingredients



4  
BONELESS,  
SKIN-ON CHICKEN  
BREASTS



4 oz  
SUGAR SNAP PEAS



3 cloves  
GARLIC



1  
SUMMER SQUASH



1  
LEMON



1 lb  
YUKON GOLD  
POTATOES

#### KNICK KNACKS:



2 Tbsp  
BUTTER



2 Tbsp  
WHOLE GRAIN  
DIJON MUSTARD



2 Tbsp  
FROMAGE BLANC



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## 1 Prepare the ingredients:

- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Medium dice the potatoes.
- ☐ Peel the garlic.
- ☐ Halve the squash lengthwise; cut crosswise into 1/4-inch-thick pieces.
- ☐ Snap off and discard the stem end of each snap pea; pull off and discard the tough string that runs the length of the pod.
- ☐ Quarter and deseed the lemon.

## 2 Cook & mash the potatoes:

- ☐ Add the **potatoes** and **garlic** to the pot of boiling water. Cook 14 to 16 minutes, or until tender when pierced with a fork. Turn off the heat. Drain thoroughly and return to the pot.
- ☐ Add the **fromage blanc** and a drizzle of olive oil. Using a fork, mash to your desired consistency. Season with salt and pepper to taste. Set aside in a warm place.



## 3 Cook the chicken:

- ☐ While the potatoes cook, 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 1 tablespoon of olive oil on medium-high until hot. Add the seasoned chicken, skin side down. Cook 5 to 6 minutes per side, or until browned and cooked through.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a plate. Set aside in a warm place. Reserving about 1 tablespoon of oil in the pan, carefully drain off and discard any excess oil.

## 4 Cook the vegetables:

- ☐ Add the **squash** and **snap peas** to the pan of reserved fond; season with salt and pepper. Cook on medium-high, stirring occasionally, 4 to 6 minutes, or until lightly browned and softened. Stir in **the juice of 2 lemon wedges**.



## 5 Make the pan sauce:

- ☐ Add the **cooked chicken** (and any juices from the plate), **mustard**, **butter**, and **2 tablespoons of water** to the pan. Cook, spooning the sauce over the chicken, 30 seconds to 1 minute, or until thoroughly combined and the chicken and vegetables are coated.
- ☐ Turn off the heat and stir in **the juice of the remaining lemon wedges**. Season with salt and pepper to taste.



## 6 Serve your dish:

- ☐ Divide the **cooked chicken and vegetables** and **mashed potatoes** among 4 dishes. Top the chicken with a few spoonfuls of the **pan sauce**. Enjoy!