

Chicken & Honey-Glazed Peach

with Sweet Potato, Spinach, & Thai Basil

PREP TIME: 10 minutes

COOK TIME: 25-35 minutes

SERVINGS: 2

This recipe gives a warm welcome to summer by showcasing fresh peach sautéed with honey, vinegar, and red pepper flakes. The sweet, tangy, spicy fruit makes for a delicious counterpoint to savory pan-seared chicken. For a unique side, we're boiling our sweet potato with coconut milk powder before mashing it—an easy way to add a cooling, aromatic layer of flavor.



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Ingredients



2
BONELESS,
SKINLESS
CHICKEN BREASTS



1
PEACH



1
SWEET POTATO



1/2 lb
SPINACH



1 bunch
THAI BASIL

KNICK KNACKS:



2 Tbsp
BUTTER



1 Tbsp
HONEY



1/4 tsp
CRUSHED RED
PEPPER FLAKES



2 Tbsp
WHITE WINE
VINEGAR



1/2 cup
COCONUT MILK
POWDER



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1 Prepare the ingredients:

- Remove the honey from the refrigerator to bring to room temperature.
- Heat a medium pot of salted water to boiling on high.
- Wash and dry the fresh produce.
- Peel and large dice the sweet potato.
- Pit and medium dice the peach.
- Pick the basil leaves off the stems; discard the stems and roughly chop the leaves.

2 Cook & mash the sweet potato:

- Add the **coconut milk powder** and **sweet potato** to the pot of boiling water; stir to combine.
- Cook 14 to 16 minutes, or until the sweet potato is tender when pierced with a fork. Turn off the heat. Drain thoroughly and return to the pot.
- Add the **butter**; season with salt and pepper. 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 sweet potato cooks, 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 a drizzle of olive oil on medium-high until hot. Add the seasoned chicken and cook 4 to 6 minutes per side, or until browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a plate and set aside in a warm place.

4 Glaze the peach:

- To the pan of reserved fond, add the **peach**, **vinegar** (be careful, as the vinegar may splatter), and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. (If the pan seems dry, add 1 teaspoon of olive oil.)
- Cook on medium-high, stirring occasionally, 1 to 2 minutes, or until the peach is slightly softened. Add the **honey** (kneading the packet before opening) and **¼ cup of water**. Cook, stirring occasionally, 3 to 4 minutes, or until the peach has softened and the glaze is slightly thickened.
- Turn off the heat and stir in **half the basil**. Season with salt and pepper to taste. Transfer to a bowl. Rinse and wipe out the pan.

5 Cook & drain the spinach:

- In the same pan, heat a drizzle of olive oil on medium-high until hot. Add the **spinach**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until wilted. Season with salt and pepper to taste.
- Transfer to a strainer; hold or rest the strainer over a bowl. Using a spoon, press down on the cooked spinach to release as much liquid as possible; discard the liquid.

6 Plate your dish:

- Divide the **mashed sweet potato** and **cooked spinach** between 2 dishes. Top with the **cooked chicken**. Top the chicken with the **glazed peach** (including any glaze from the bowl). Garnish with **as much of the remaining basil as you'd like**. Enjoy!