

# Calabrian-Fig Chicken & Mashed Potatoes

with Carrots & Shishito Peppers

4 SERVINGS | 30-40 MINS

 **Blue Apron**  
blueapron.com



Your meal may look different due to ingredient tweaks

This flavorful dish highlights a bright sauce made from punchy Calabrian chile paste, smooth crème fraîche, and fig spread, whose exceptional sweetness perfectly tempers the bold spice of the chile paste.

## Ingredients

-  4 Boneless, Skinless Chicken Breasts
-  1 ¼ lbs Golden Potatoes
-  6 oz Shishito Peppers
-  ¾ lb Carrots
-  2 cloves Garlic
-  1 Tbsp Calabrian Chile Paste
-  1 Tbsp Capers
-  2 Tbsps Vegetarian Worcestershire Sauce
-  ¼ cup Grated Parmesan Cheese
-  4 Tbsps Crème Fraîche
-  2 Tbsps Fig Spread



Serve a bottle of Blue Apron wine with this symbol: Zesty & Tropical.  
[blueapron.com/wine](https://blueapron.com/wine)

## 1 Prepare the ingredients

- Fill a medium pot  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Medium dice the **potatoes**.
- Peel the **carrots** and thinly slice on an angle.
- Peel and roughly chop **2 cloves of garlic**.
- Cut off and discard the stems of the **peppers**; cut crosswise into  $\frac{1}{2}$ -inch pieces. Thoroughly wash your hands, knife, and cutting board immediately after handling.



## 2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water and cook 17 to 19 minutes, or until tender when pierced with a fork.
- Turn off the heat. Drain thoroughly and return to the pot.
- Add **half the crème fraîche** and **2 tablespoons of olive oil**. Using a fork or potato masher, mash to your desired consistency. Taste, then season with salt and pepper if desired.
- Cover to keep warm.



## 3 Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- In a medium pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.\*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board.



## 4 Cook the vegetables

- In the pan of reserved fond, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **pepper pieces** and **sliced carrots**. Season with salt and pepper. Cook, stirring occasionally, 4 to 5 minutes, or until slightly softened.
- Add the **chopped garlic** and **capers**. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the **worcestershire sauce** (carefully, as the liquid may splatter). Cook, stirring frequently and scraping up any fond, 30 seconds to 1 minute, or until combined.
- Turn off the heat. Taste, then season with salt and pepper if desired.



## 5 Make the Calabrian-fig sauce & serve your dish

- Meanwhile, in a bowl, whisk together the **fig spread**, **remaining crème fraîche**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **mashed potatoes** and **cooked vegetables**. Drizzle the chicken with the **Calabrian-fig sauce**. Garnish with the **cheese**. Enjoy!



\*An instant-read thermometer should register 165°F.

### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: 600, Total Carbohydrates: 47g, Dietary Fiber: 6g, Added Sugars: 6g, Total Fat: 27g, Saturated Fat: 8g, Protein: 44g, Sodium: 1190mg.

\*\*See full Nutrition Facts on your Current page in the Blue Apron app or at [blueapron.com](https://blueapron.com).

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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