

# Seared Chicken & Vegetable Ragoût

with Cherry Tomatoes, English Peas, & Potatoes

**PREP TIME:** 15 minutes

**COOK TIME:** 20-30 minutes

**SERVINGS:** 2

Ragoût is a flavorful, rustic French stew perfect for showcasing seasonal vegetable medleys. For a lighter, summer-inspired take, we're starting with a base of English peas and shallot, then folding in juicy cherry tomatoes (yours may be red or yellow) and warm potatoes for sweet flavor and hearty texture. It all comes together with a bit of butter and fresh basil, making for a simple, sophisticated bed for seared chicken.



## MATCH YOUR BLUE APRON WINE

 Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



## Ingredients



2  
BONELESS,  
SKINLESS  
CHICKEN BREASTS



6 oz  
CHERRY  
TOMATOES



6 oz  
ENGLISH PEAS



**Did You Know?**  
*English pea shells  
may have a few  
blemishes, but the  
peas inside are still  
just as tasty!*



2 cloves  
GARLIC



1/2 lb  
YUKON GOLD  
POTATOES



1 bunch  
BASIL

## KNICK KNACKS:



2 Tbsp  
BUTTER



1  
SHALLOT



1 Tbsp  
SHERRY VINEGAR



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## 1 Prepare the ingredients:

- ☐ Heat a small saucepan of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Medium dice the potatoes.
- ☐ Peel the garlic; using the flat side of your knife, gently smash each clove to flatten.
- ☐ Peel and thinly slice the shallot.
- ☐ Shell the peas.
- ☐ Halve the tomatoes and place in a bowl; season with salt and pepper.
- ☐ Pick the basil leaves off the stems; discard the stems.



## 2 Cook the potatoes & garlic:

- ☐ Add the **potatoes** and **garlic** to the saucepan of boiling water. Cook 9 to 11 minutes, or until tender when pierced with a fork. Drain thoroughly and set aside in a warm place.



## 3 Cook the chicken:

- ☐ While the potatoes and garlic cook, 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 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. Loosely cover the cooked chicken with aluminum foil and set aside in a warm place.



## 4 Start the ragoût:

- ☐ Add 2 teaspoons of olive oil to the pan of reserved fond; heat on medium-high until hot.
- ☐ Add the **shallot**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until lightly browned and fragrant.
- ☐ Add the **peas**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until slightly softened.
- ☐ Add the **vinegar** and  $\frac{1}{4}$  **cup of water** (be careful, as the liquid may splatter). Cook, stirring occasionally, 1 to 2 minutes, or until the liquid is slightly reduced in volume and the peas have softened. Turn off the heat.



## 5 Finish the ragoût:

- ☐ To the pan, add the **cooked potatoes and garlic, seasoned tomatoes, butter**, and **half the basil** (tearing the leaves just before adding). Stir until thoroughly combined and the butter has melted. Season with salt and pepper to taste.



## 6 Plate your dish:

- ☐ Divide the **finished ragoût** between 2 dishes. Top with the **cooked chicken** and a drizzle of olive oil. Garnish the ragoût with the **remaining basil** (tearing the leaves just before adding). Enjoy!