

# Hot Honey Butter-Glazed Chicken

with Mashed Potatoes

🕒 25-35 MINS

2 SERVINGS

To accompany our irresistibly spicy-sweet glazed chicken, we're whipping up a vibrant, seasonal side of verdant peas and juicy tomatoes sautéed with just a touch of garlic and olive oil. An additional side of smooth mashed potatoes completes the dish on a hearty note and helps to soak up the flavorful glaze.



## MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



TOP RATED  
Recipes

## Ingredients



2  
BONELESS,  
SKINLESS CHICKEN  
BREASTS



4 oz  
SNOW OR  
SUGAR SNAP PEAS



2 tsp  
HONEY



2 Tbsp  
BUTTER



2 Tbsp  
CHICKEN  
DEMI-GLAZE



3/4 lb  
GOLDEN OR RED  
POTATOES



4 oz  
GRAPE  
TOMATOES



2 cloves  
GARLIC



1 Tbsp  
HOT SAUCE



To find out more about Wellness at Blue Apron visit us at [www.blueapron.com/pages/wellness](http://www.blueapron.com/pages/wellness), or for further nutrition information see the Nutrition Facts card.





## 1 Prepare the ingredients & make the glaze:

- ☐ Remove the **honey** from the refrigerator to bring to room temperature.
- ☐ 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 and roughly chop **2 cloves of garlic**.
- ☐ Halve the **tomatoes**.
- ☐ In a bowl, whisk together the **honey** (kneading the packet before opening), **demi-glaze**, **2 tablespoons of water**, and **as much of the hot sauce as you'd like**, depending on how spicy you'd like the glaze to be.



## 2 Cook & mash the potatoes:

- ☐ Add the **diced potatoes** to the pot of boiling water. Cook 16 to 18 minutes, or until tender when pierced with a fork.
- ☐ Turn off the heat. Drain thoroughly and return to the pot.
- ☐ Add **half the butter** and **1 teaspoon of olive oil**. Using a fork or potato masher, mash to your desired consistency. Taste, then season with salt and pepper if desired.



## 3 Cook the vegetables:

- ☐ Meanwhile, if you received **snap peas**, pull off and discard the tough string that runs the length of each pea pod.
- ☐ In a medium pan (nonstick, if you have one), heat **1 teaspoon of olive oil** on medium-high until hot.
- ☐ Add the **chopped garlic**, **halved tomatoes**, and **snow peas or prepared snap peas**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until lightly browned and slightly softened.
- ☐ Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- ☐ Wipe out the pan.



## 4 Cook the chicken & serve your dish:

- ☐ Pat the **chicken** dry with paper towels. Season with salt and pepper on both sides.
- ☐ In the same pan, heat **1 teaspoon of olive oil** on medium-high until hot.
- ☐ Add the **seasoned chicken**. Cook 6 to 7 minutes, or until browned. Flip and cook 5 minutes.
- ☐ Add the **glaze** (carefully, as the liquid may splatter) and **remaining butter**. Cook, frequently spooning the glaze over the chicken, 1 to 2 minutes, or until the chicken is coated and cooked through.\*\* Turn off the heat.
- ☐ Serve the **cooked chicken** (including any glaze from the pan) with the **mashed potatoes** and **cooked vegetables**. Enjoy!

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



**NUTRITION PER SERVING (AS PREPARED)\*** Calories: 550, Total Carbohydrates: 42g, Dietary Fiber: 6g, Added Sugar: 6g, Total Fat: 22g, Saturated Fat: 9g, Protein: 46g, Sodium: 1180mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

\*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

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

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