

Seared Chicken & Blistered Cherry Tomatoes

with Garlic Mashed Potatoes

TIME: 40-50 minutes

SERVINGS: 4

To make a delicious topping for our chicken tonight, we're blistering cherry tomatoes, or simply cooking them undisturbed in a hot pan until their skins split. (You may receive red or yellow tomatoes.) When blistered, the tomatoes' sugars caramelize, deepening in flavor. To accompany the chicken, we're cooking Yukon Gold potatoes together with garlic, then mashing them with quark (a creamy, fresh cheese) and butter for tangy richness. Crisp green beans, tossed with fresh basil, round out the meal.



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Crisp & Minerally

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Ingredients



4
BONELESS,
SKINLESS
CHICKEN BREASTS



6 oz
CHERRY
TOMATOES



2 cloves
GARLIC



1 1/2 lbs
YUKON GOLD
POTATOES



1/2 lb
GREEN BEANS



1 bunch
BASIL

KNICK KNACKS:



4 Tbsps
BUTTER



3 Tbsps
ALL-PURPOSE
FLOUR



2 Tbsps
QUARK CHEESE



2 Tbsps
RED WINE
VINEGAR



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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.
- ☐ Cut off and discard the stem ends of the green beans.
- ☐ Large dice the potatoes.
- ☐ Peel the garlic; using the flat side of your knife, smash each clove to flatten.

2 Blanch & shock the green beans:

- ☐ Fill a large bowl with ice water; add a **pinch of salt** and set aside.
- ☐ Add the **green beans** to the pot of boiling water. Cook 2 to 3 minutes, or until bright green and slightly softened.
- ☐ Leaving the pot of water boiling, using a slotted spoon or strainer, immediately transfer the blanched green beans to the bowl of ice water. Let stand until completely cool. Drain thoroughly and pat dry with paper towels. Transfer to a medium bowl.



3 Cook & mash the potatoes:

- ☐ Add the **potatoes** and **garlic** to the same 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 **quark cheese**, **butter**, and a drizzle of olive oil; 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.

4 Coat & cook the chicken:

- ☐ While the potatoes cook, place the **flour** on a plate. Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat 1 side of the seasoned chicken in the flour (tapping off any excess).
- ☐ In a large pan, heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the chicken, coated side down. Cook 4 to 6 minutes per side, or until lightly browned and cooked through.
- ☐ Turn off the heat. Leaving any browned bits (or fond) in the pan, transfer to a cutting board.



5 Blister the tomatoes:

- ☐ Add 1 tablespoon of olive oil to the pan of reserved fond; heat on medium-high until hot.
- ☐ Add the **tomatoes**. Cook, without stirring, 2 to 3 minutes, or until browned and slightly softened. Add **¾ of the vinegar** and **2 tablespoons of water** (be careful, as the liquid may splatter); season with salt and pepper. Continue to cook, stirring constantly and scraping up any fond from the bottom of the pan, 30 seconds to 1 minute, or until thoroughly combined and the tomatoes have softened. Turn off the heat.



6 Finish & serve your dish:

- ☐ Pick the **basil** leaves off the stems; discard the stems.
- ☐ Slice the **cooked chicken** crosswise.
- ☐ To the bowl of **shocked green beans**, add **half the basil** (tearing the leaves just before adding), the **remaining vinegar**, and a drizzle of olive oil. Stir to combine; season with salt and pepper to taste.
- ☐ Divide the finished green beans, sliced chicken, and **mashed potatoes** among 4 dishes. Top the chicken with the **blistered tomatoes**. Garnish with the **remaining basil** (tearing the leaves just before adding). Enjoy!