

# Southern-Spiced Chicken

with Buttermilk Mashed Potatoes & Green Beans

2 SERVINGS

30-40 MINS

 **Blue Apron**  
blueapron.com



This simple dish gets a sophisticated lift from a flavorful pan sauce made with whole grain dijon, brown sugar, and demi-glace (simply reduced chicken stock), which lends rich, complex flavor to our seared chicken.

## Ingredients

-  2 Boneless, Skinless Chicken Breasts
-  2 cloves Garlic
-  ¾ lb Golden or Red Potatoes
-  6 oz Green Beans
-  ¼ cup Buttermilk
-  2 Tbsps Chicken Demi-Glace
-  1 Tbsp Whole Grain Dijon Mustard
-  1 Tbsp Light Brown Sugar
-  1 Tbsp Southern Spice Blend\*

\*Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper

## Wellness at Blue Apron

To find out more about Wellness at Blue Apron visit us at [blueapron.com/pages/wellness](https://blueapron.com/pages/wellness)

600 CALORIES OR LESS



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 and roughly chop **2 cloves of garlic**.



## 2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water and 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 the **buttermilk** and **2 teaspoons 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 green beans

- Meanwhile, in a medium pan (nonstick, if you have one), heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the **green beans**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 1 to 2 minutes, or until the water has cooked off.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to a bowl and cover with foil to keep warm.
- Rinse and wipe out the pan.



## 4 Cook the chicken

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and **up to half the spice blend** (you will have extra).
- In the same pan, heat **1 teaspoon of olive oil** on medium-high until hot.
- Add the seasoned chicken and 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.



## 5 Make the pan sauce & serve your dish

- To the pan of reserved fond, add the **demi-glace** (carefully, as the liquid may splatter), **mustard**, **sugar**, and  $\frac{1}{4}$  **cup of water**. Cook, stirring occasionally, 2 to 3 minutes, or until the sauce is thickened. Turn off the heat. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **mashed potatoes** and **cooked green beans**. Top the chicken with the **pan sauce**. Enjoy!



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

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

Calories: 510, Total Carbohydrates: 46g, Dietary Fiber: 6g, Added Sugars: 7g, Total Fat: 15g, Saturated Fat: 2.5g, Protein: 47g, Sodium: 1200mg.

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

Blue Apron, LLC  
New York, NY 10005

