

# Lemon-Dijon Chicken

with Mashed Potatoes & Roasted Carrots

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**

blueapron.com



Seared chicken gets an easy, flavorful lift from a sauce of sharp dijon mustard, bright lemon juice, and smooth fromage blanc—a type of French fresh cheese.

## Ingredients

-  2 Boneless, Skinless Chicken Breasts
-  1 Lemon
-  ¾ lb Carrots
-  2 cloves Garlic
-  ¾ lb Golden or Red Potatoes
-  2 Tbsps Fromage Blanc
-  1 Tbsp Whole Grain Dijon Mustard
-  2 Tbsps Butter

## Wellness at Blue Apron

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600 CALORIES OR LESS



Serve a bottle of Blue Apron wine with this symbol: Crisp & Minerally.  
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### 1 Prepare the ingredients

- Place an oven rack in the center of the oven, then preheat to 450°F.
- 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.
- Peel the **carrots**; halve lengthwise, then cut crosswise into 2-inch pieces.
- Large dice the **potatoes**.
- Peel **2 cloves of garlic**; using the flat side of your knife, smash each clove once.
- Quarter and deseed the **lemon**.



### 2 Roast the carrots

- Line a sheet pan with foil. Place the **carrot pieces** on the foil. Drizzle with **olive oil** and season with salt and pepper. Toss to coat; arrange in an even layer.
- Roast 17 to 19 minutes, or until tender when pierced with a fork. Remove from the oven.



### 3 Cook & mash the potatoes

- Meanwhile, add the **diced potatoes** and **smashed garlic** 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 the **butter** and a drizzle of **olive oil**. Using a fork or potato masher, mash to your desired consistency. Taste, then season with salt and pepper if desired.



### 4 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 **2 teaspoons 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.\*
- Transfer to a cutting board.



### 5 Make the sauce & serve your dish

- Meanwhile, in a bowl, combine the **fromage blanc**, **mustard**, and the **juice of 2 lemon wedges**; season with salt and pepper.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **mashed potatoes** and **roasted carrots**. Top the chicken with the **sauce**. Serve the **remaining lemon wedges** on the side. Enjoy!



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

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

Calories: 580, Total Carbohydrates: 48g, Dietary Fiber: 8g, Added Sugars: 0g, Total Fat: 23g, Saturated Fat: 9g, Protein: 46g, Sodium: 1320mg.

\*\*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.

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