

# Italian Chicken & Olive-Date Pan Sauce

with Rosemary & Parmesan Potatoes

4 SERVINGS | 40-50 MINS

 **Blue Apron**  
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## Ingredients



4 Boneless, Skinless Chicken Breasts



1 bunch Kale



2 Tbsps Apple Cider Vinegar



1 oz Castelvetrano Olives



1 1/4 lbs Golden or Red Potatoes



1 bunch Rosemary



1 Tbsp Date Syrup



2 oz Balsamic-Marinated Cipolline Onions



2 cloves Garlic



1/4 cup Grated Parmesan Cheese



2 oz Dried Medjool Dates



1 Tbsp Italian Seasoning<sup>1</sup>



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)



11 8 5

SmartPoints® value per serving (as packaged)



Scan this barcode in your WW app to track SmartPoints.

Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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1. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram



## 1 Prepare & roast the potatoes

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Line a sheet pan with foil.
- Halve the **potatoes** lengthwise, then thinly slice crosswise. Place in a large bowl.
- Pick the **rosemary** leaves off the stems; roughly chop.
- Add the **chopped rosemary** and **cheese** to the bowl of **sliced potatoes**. Drizzle with **2 tablespoons of olive oil** and season with salt and pepper; toss to coat.
- Transfer to the sheet pan and arrange in an even layer.
- Roast 24 to 26 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



## 2 Prepare the remaining ingredients

- Meanwhile, peel and roughly chop **2 cloves of garlic**.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Roughly chop the **onions**.
- Pit and roughly chop the **dates**.
- Pit and roughly chop the **olives**.
- In a bowl, whisk together the **date syrup**, **vinegar**, and  $\frac{1}{2}$  **cup of water** until thoroughly combined.



## 3 Cook the kale

- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Add the **chopped kale**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly wilted.



### Step 3 continued:

- Add  $\frac{1}{2}$  **cup of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 3 to 4 minutes, or until the kale is wilted and the water has cooked off.
- Turn off the heat; stir in the **chopped onions**.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover 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 the **Italian seasoning**.
- In the same pan, heat **2 tablespoons 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.\*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board.



## 5 Make the pan sauce & serve your dish

- In the pan of reserved fond, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **chopped dates** and **chopped olives**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly softened.
- Add the **date syrup-vinegar mixture** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until combined and slightly 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 **cooked kale** and **roasted potatoes**. Top the chicken with the **pan sauce**. Enjoy!



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