

Seared Chicken & Creamy Eggplant

with Charred Green Beans & Fried Oregano

TIME: 35-45 minutes

SERVINGS: 2

Tonight, we're cooking up a gourmet recipe inspired by a challenge-winning dish from the August 23 episode of MasterChef Season 8 on FOX. To accompany pan-seared chicken, we're making a pair of satisfying sides: roasted eggplant, which turns deliciously creamy when mashed with Greek yogurt, and a medley of rice, golden raisins, and green beans, charred on the stove for extra depth of flavor.



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Ingredients



2
BONELESS,
SKINLESS
CHICKEN BREASTS



2/3 cup
WHITE BASMATI
RICE



6 oz
GREEN BEANS



2 cloves
GARLIC



3/4 lb
EGGPLANT



1 bunch
OREGANO

KNICK KNACKS:



1 1/2 Tbsps
GOLDEN RAISINS



1/2 cup
PLAIN GREEK
YOGURT



1 Tbsp
RED WINE
VINEGAR



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1 Prepare the ingredients & season the yogurt:

- ☐ Preheat the oven to 475°F.
- ☐ Wash and dry the fresh produce.
- ☐ Peel and large dice the eggplant.
- ☐ Peel the garlic.
- ☐ Cut off and discard the stem ends of the green beans; halve crosswise.
- ☐ Pick the oregano leaves off the stems; discard the stems.
- ☐ In a large bowl, combine the **yogurt**, **half the vinegar**, and a drizzle of olive oil. Season with salt and pepper to taste.



2 Cook the rice:

- ☐ In a small saucepan, combine the **rice**, **a big pinch of salt**, and **1 cup of water**; heat to boiling on high. Once boiling, cover and reduce the heat to low. Cook 14 to 16 minutes, or until the water has been absorbed and the rice is tender. Turn off the heat and fluff the cooked rice with a fork.

3 Roast & mash the eggplant:

- ☐ While the rice cooks, place the **eggplant** and **garlic** on a sheet pan. Drizzle with **2 tablespoons of olive oil** and season with salt and pepper. Toss to coat. Arrange in a single layer.
- ☐ Roast, stirring halfway through, 17 to 19 minutes, or until browned and tender when pierced with a fork. Remove from the oven; carefully transfer to a large bowl. Add the **seasoned yogurt**.
- ☐ Using a fork, mash to your desired consistency; season with salt and pepper to taste. Transfer to a serving dish; drizzle with olive oil.



4 Cook the chicken:

- ☐ While the eggplant roasts, 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 tablespoons of olive oil on medium-high until hot. Add the seasoned chicken and cook 4 to 6 minutes per side, or until browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a cutting board.

5 Char the green beans & finish the rice:

- ☐ While the eggplant continues to roast, to the pan of reserved fond, add the **green beans** in an even layer. (If the pan seems dry, add a drizzle of olive oil.) Cook on medium-high, without stirring, 2 to 3 minutes, or until browned and charred. Season with salt and pepper. Continue to cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened. Add the **raisins** and **remaining vinegar** (be careful, as the vinegar may splatter). Cook, stirring constantly, 30 seconds to 1 minute, or until the liquid has cooked off. Transfer to the saucepan of **cooked rice**. Stir to combine; season with salt and pepper to taste. Wipe out the pan.



6 Fry the oregano & plate your dish:

- ☐ In the same pan, heat a thin layer of oil on medium-high until hot. Once the oil is hot enough that an oregano leaf sizzles immediately when added to the pan, add the **oregano**. Cook, stirring occasionally, 1 to 2 minutes, or until crispy and fragrant. Transfer to a paper towel-lined plate; immediately season with salt and pepper.
- ☐ Slice the **cooked chicken** crosswise. Divide the **finished rice** and sliced chicken between 2 dishes. Serve with the **mashed eggplant** on the side. Garnish with the fried oregano. Enjoy!