

Roasted Chicken

with Mashed Purple Potatoes
& Green Beans

TIME: 50-60 minutes

SERVINGS: 4

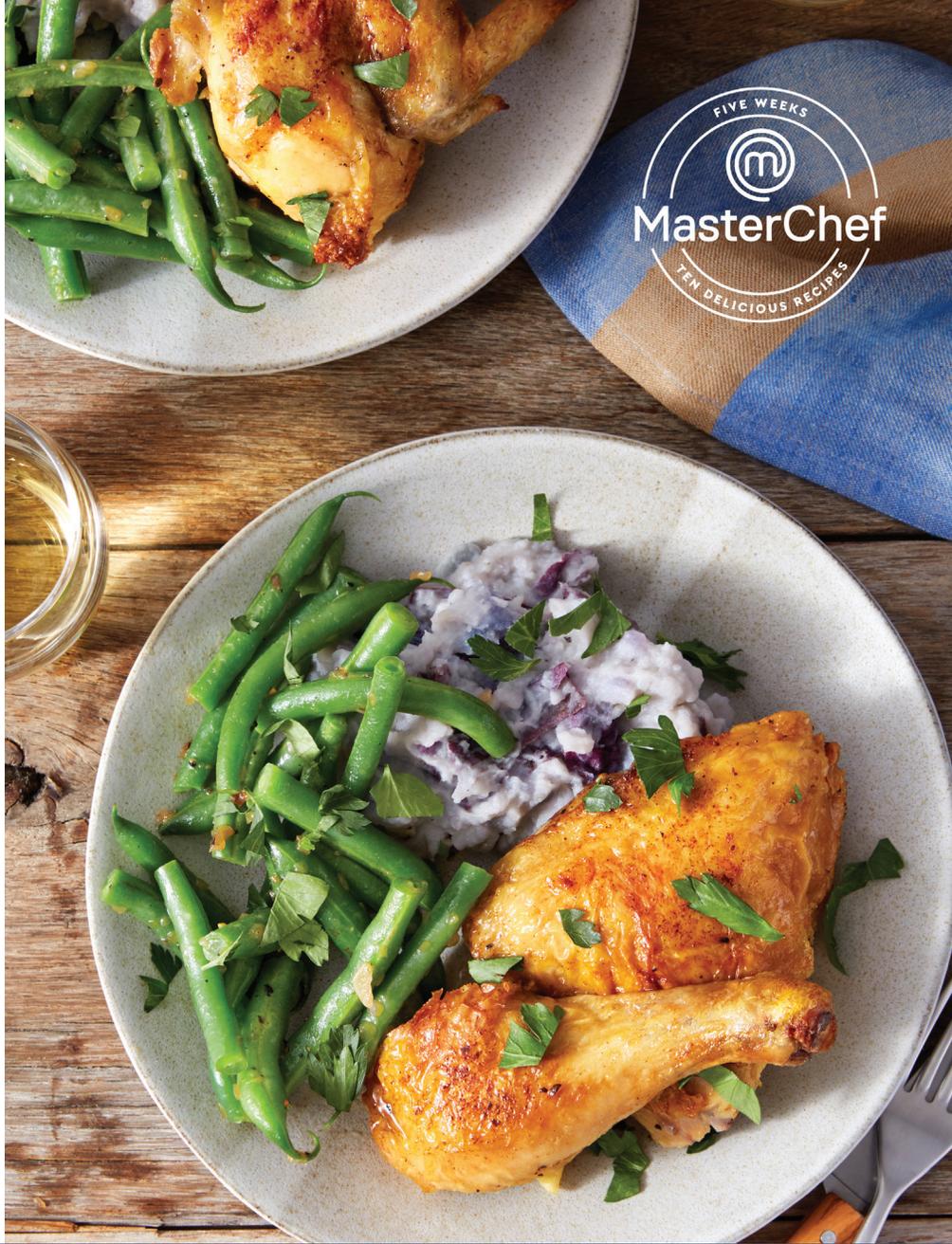
Tonight's roasted chicken is inspired by a challenge-winning dish from the August 23 episode of MasterChef Season 8 on FOX. To complement the juicy, crispy-skinned chicken, we're making two classic American sides: sautéed green beans and mashed potatoes. Honey and apple cider vinegar lend a sweet-sour accent to the beans, while the potatoes owe their delicious creaminess to crème fraîche, butter, and milk.



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 Crisp & Minerally

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Ingredients



2
HALF CHICKENS



2 cloves
GARLIC



1 lb
PURPLE
POTATOES



6 oz
GREEN BEANS



1 bunch
PARSLEY



3/4 cup
MILK

KNICK KNACKS:



2 Tbsps
BUTTER



1
SHALLOT



2 Tbsps
APPLE CIDER
VINEGAR



2 Tbsps
CRÈME FRAÎCHE



1 Tbsp
HONEY



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1 Roast the chicken:

- Remove the honey from the refrigerator to bring to room temperature.
- Preheat the oven to 475°F.
- Heat a small pot of salted water to boiling on high.
- Line a sheet pan with aluminum foil.
- Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Place on the prepared sheet pan. Drizzle with olive oil and turn to coat. Arrange the seasoned chicken skin side up. Roast 36 to 38 minutes, or until the chicken is browned and cooked through. (An instant-read thermometer inserted into the thickest part of the thigh should register 165°F.) Remove from the oven. Reserving any juices on the sheet pan, transfer to a cutting board; let rest for at least 5 minutes.

2 Prepare the ingredients:

- While the chicken roasts, wash and dry the fresh produce.
- Large dice the potatoes.
- Peel and roughly chop the garlic.
- Peel and finely chop the shallot.
- Cut off and discard the stem ends of the green beans; halve crosswise.
- Roughly chop the parsley leaves and stems.



3 Cook & mash the potatoes:

- While the chicken continues to roast, add the **potatoes** to the pot of boiling water. Cook 13 to 15 minutes, or until tender when pierced with a fork. Turn off the heat. Drain thoroughly and return to the pot. Add the **crème fraîche**, **half the butter**, a drizzle of olive oil, and **up to half the milk**, depending on your desired consistency (you will have extra milk). Season with salt and pepper.
- Using a fork, mash to your desired consistency. Season with salt and pepper to taste. Cover the pot and set aside in a warm place.



4 Start the green beans:

- While the potatoes cook, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **garlic** and **shallot**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add the **green beans**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.

5 Finish the green beans:

- To the pan, add the **honey** (kneading the packet before opening), **vinegar**, **remaining butter**, and **2 tablespoons of water** (be careful, as the liquid may splatter). Season with salt and pepper. Cook, stirring constantly, 1 to 2 minutes, or until well combined and the green beans are coated. Turn off the heat. Season with salt and pepper to taste.



6 Carve the chicken & serve your dish:

- Using a sharp, sturdy knife, cut along the leg of each piece of **rested chicken** to separate the thigh and breast. Cut the breast in half crosswise through the bone (keeping the wing intact). Cut through the joint connecting the drumstick to the thigh.
- Divide the **mashed potatoes**, **finished green beans**, and carved chicken among 4 dishes. Drizzle the chicken with any reserved juices from the sheet pan. Garnish with the **parsley**. Enjoy!