

This simple, flavorful dish highlights our blend of classic Italian seasonings (basil, sage, oregano, and more), which lend bold, earthy flavor to both our seared chicken and the creamy dressing spooned on top.

Ingredients

2 Boneless, Skinless Chicken Breasts

2 cloves Garlic

4 oz Grape Tomatoes

1 Zucchini

3/4 lb Golden or Red Potatoes

2 Tbsps Mayonnaise

1 Tbsp Dijon Mustard

2 Tbsps Crème Fraîche

1/4 cup Grated Parmesan Cheese

1 Tbsp Sherry Vinegar

1 Tbsp Italian Seasoning*

*Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram



Wellness at Blue Apron

To find out more about Wellness at Blue Apron visit us at blueapron.com/pages/wellness

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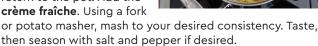
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Prepare the ingredients

- Fill a medium pot 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.
- Quarter the zucchini lengthwise, then cut crosswise into 1-inch pieces.
- Peel 2 cloves of garlic. Roughly chop one clove. Using a zester, finely grate the remaining clove into a paste (or use the small side of a box grater).
- Halve the tomatoes. Place in a bowl; add the chopped garlic. Season with salt and pepper; stir to combine.

2 Cook & mash the potatoes

- Add the diced potatoes to the pot of boiling water. Cook 16 to 18 minutes, or until tender when pierced with a fork. Turn off the
- Drain thoroughly and return to the pot. Add the crème fraîche. Using a fork



• Cover to keep warm.

3 Cook the chicken

- Meanwhile, pat the chicken dry with paper towels; season on both sides with salt, pepper, and half the Italian seasoning.
- In a medium pan (nonstick, if you have one), heat 1 teaspoon 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 and cover with foil to keep warm.

4 Make the dressing

• Meanwhile, in a bowl, combine the mayonnaise, mustard, remaining Italian seasoning, half the cheese, 1½ teaspoons of olive oil, 1 tablespoon of water, and as much of the garlic paste as you'd like; season with salt and pepper.



5 Cook & glaze the vegetables

- In the pan of reserved fond, heat 1/2 teaspoon of olive oil on medium-high until hot.
- Add the zucchini pieces in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper. Continue to cook, stirring



frequently, 2 to 3 minutes, or until slightly softened.

- Add the seasoned tomatoes. Cook, stirring occasionally, 1 to 2 minutes, or until softened.
- Add the **vinegar** (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until the vegetables are coated and most of the liquid has cooked off. Turn off the heat.

6 Slice the chicken & serve your dish

- Slice the cooked chicken crosswise.
- Serve the sliced chicken with the glazed vegetables and mashed potatoes. Top the chicken with the dressing. Garnish the vegetables with the remaining cheese. Enjoy!



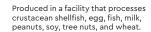
*An instant-read thermometer should register 165°F.



Calories: 640, Total Carbohydrates: 39g, Dietary Fiber: 6g, Added Sugars: 0g, Total Fat: 33g, Saturated Fat: 9g, Protein: 48g, Sodium: 1430mg. **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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