

Seared Chicken & Creamy Italian Dressing

with Mashed Potatoes & Glazed Vegetables

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
blueapron.com



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 |  1 Tbsp Dijon Mustard |
|  2 cloves Garlic |  2 Tbsps Crème Fraîche |
|  4 oz Grape Tomatoes |  ¼ cup Grated Parmesan Cheese |
|  1 Zucchini |  1 Tbsp Sherry Vinegar |
|  ¾ lb Golden or Red Potatoes |  1 Tbsp Italian Seasoning* |
|  2 Tbsps Mayonnaise | |

*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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SmartPoints® value per serving



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Serve a bottle of Blue Apron wine with this symbol: Light & Bright.
blueapron.com/wine

1 Prepare the ingredients

- 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.
- 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 heat.
- Drain thoroughly and return to the pot. Add the **crème fraîche**. Using a fork or potato masher, mash to your desired consistency. Taste, then season with salt and pepper if desired.
- 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 **½ 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.

NUTRITION PER SERVING (AS PREPARED)**

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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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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