

Here, you'll top seared chicken with a rich, lightly sweet pan sauce of butter and fig spread. It's all complete with two hearty sides of creamy mashed potatoes and tender sautéed kale.

Ingredients

2 Boneless, Skinless Chicken Breasts

2 cloves Garlic

¾ Ib Golden Potatoes

1 bunch Kale

2 Tbsps Butter

2 Tbsps Crème Fraîche

📗 2 Tbsps Red Wine Vinegar

2 Tbsps Fig Spread

¼ tsp Crushed Red Pepper Flakes



1 Prepare the ingredients & start the sauce

- 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.
- Peel and roughly chop 2 cloves of garlic.
- Separate the kale leaves from the stems; discard the stems, then roughly chop the leaves.
- In a bowl, whisk together the fig spread, half the vinegar, and 1/4 cup of water.

2 Cook & mash the potatoes

- Add the diced potatoes and half the chopped garlic 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 and 2 teaspoons of olive oil; season with salt and pepper. 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 kale

- Meanwhile, in a medium pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- Add the remaining chopped garlic. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.



Step 3 continued:

- Add the chopped kale and as much of the red pepper flakes as you'd like, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.
- Add the **remaining vinegar** (carefully, as the liquid may splatter) and 1/4 cup of water. Cook, stirring occasionally, 2 to 3 minutes, or until the kale is wilted and the liquid has cooked off.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.

4 Cook the chicken

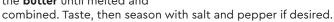
- Pat the chicken dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat 2 teaspoons of olive oil on medium-high until hot.
- · Add the seasoned chicken. Cook 6 to 7 minutes per side, or until browned and cooked through.*

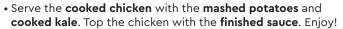


· Leaving any browned bits (or fond) in the pan, transfer to a plate.

5 Finish the sauce & serve your dish

- To the pan of reserved fond, add the sauce (carefully, as the liquid may splatter). Cook on medium-high, stirring constantly and scraping up any fond, 2 to 3 minutes, or until slightly thickened.
- Turn off the heat and stir in the butter until melted and





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



Calories: 710, Total Carbohydrates: 53g, Dietary Fiber: 6g, Added Sugars: 10g, Total Fat: 36g, Saturated Fat: 15g, Protein: 45g, Sodium: 980mg. **See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).



