

# Seared Chicken & Mashed Potatoes

with Fig Pan Sauce

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**  
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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 lb 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



Serve a bottle of Blue Apron wine with this symbol: Light & Bright.  
[blueapron.com/wine](https://blueapron.com/wine)



## 1 Prepare the ingredients & start the sauce

- 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**.
- 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  $\frac{1}{4}$  **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  $\frac{1}{4}$  **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 combined. Taste, then season with salt and pepper if desired.
- Serve the **cooked chicken** with the **mashed potatoes** and **cooked kale**. Top the chicken with the **finished sauce**. Enjoy!



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

### NUTRITION PER SERVING (AS PREPARED)\*\*

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](https://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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