

Fig-Balsamic Chicken

with Mashed Potatoes & Roasted Vegetables

4 SERVINGS

30-40 MINS

 Blue Apron

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Ingredients

 4 Boneless, Skinless Chicken Breasts

 ½ lb Red Cabbage

 2 Tbsps Butter

 1 Tbsp Weeknight Hero Spice Blend¹

 1 ¼ lbs Golden or Red Potatoes

 2 Tbsps Balsamic Vinegar

 2 Tbsps Chicken Demi-Glace

 ¾ lb Carrots

 2 Tbsps Fig Spread

 ¼ cup Buttermilk



Serve with Blue Apron wine that has this symbol blueapron.com/wine

¹ Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- 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.
- Peel the **carrots**; halve lengthwise, then cut crosswise into 1-inch pieces.
- Cut out and discard the core of the **cabbage**; large dice the leaves.
- Medium dice the **potatoes**.



2 Roast the vegetables

- Line a sheet pan with foil.
- Place the **carrot pieces** and **diced cabbage** on the foil. Drizzle with **2 tablespoons of olive oil** and season with salt, pepper, and the **spice blend**; toss to coat. Arrange in an even layer.
- Roast 21 to 23 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.



3 Cook & mash the potatoes

- Meanwhile, add the **diced potatoes** to the pot of boiling water and cook 17 to 19 minutes, or until tender when pierced with a fork.
- Turn off the heat. Drain thoroughly and return to the pot. Add the **buttermilk** and **2 tablespoons 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.



4 Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- In a large pan, heat **2 tablespoons 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.



5 Make the sauce

- To the pan of reserved fond, add the **vinegar, demi-glace, fig spread**, and $\frac{1}{4}$ **cup of water** (carefully, as the liquid may splatter). Cook on medium-high, stirring frequently and scraping up any fond, 2 to 3 minutes, or until thoroughly combined.
- Turn off the heat and stir in the **butter** until melted and combined. Taste, then season with salt and pepper if desired.



6 Slice the chicken & serve your dish

- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **mashed potatoes** and **roasted vegetables**. Top the chicken and potatoes with the **sauce**. Enjoy!



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 630, Total Carbohydrates: 46g, Dietary Fiber: 6g, Added Sugars: 5g, Total Fat: 30g, Saturated Fat: 8g, Protein: 45g, Sodium: 1010mg.

**For information about our wellness labels visit us at blueapron.com/wellness. To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or blueapron.com.

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

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

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