

Seared Chicken & Roasted Fall Vegetables

with Caper-Butter Sauce

TIME: 45-55 minutes

SERVINGS: 4

Two exciting autumn vegetables elevate a classic cool-weather side, the roasted vegetable medley, in tonight's dish. We're roasting delicata squash, a ridged, striped variety with edible skin, together with romanesco, a type of green cauliflower with a unique pattern. They make for a fantastic accompaniment to seared chicken topped with a pan sauce of briny capers, rich butter, and a touch of honey.



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Ingredients



4
BONELESS,
SKINLESS
CHICKEN BREASTS



1
DELICATA SQUASH



1 head
ROMANESCO
CAULIFLOWER



¾ lb
YUKON GOLD
POTATOES



1 large bunch
PARSLEY



2 cloves
GARLIC



4 Tbsps
BUTTER



2 Tbsps
APPLE CIDER
VINEGAR



1 Tbsp
CAPERS



1 Tbsp
HONEY



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1 Prepare & roast the vegetables:

- ☐ Remove the honey from the refrigerator to bring to room temperature.
- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Quarter the **squash** lengthwise; using a spoon, scoop out and discard the pulp and seeds. Cut crosswise into 1/2-inch-thick pieces.
- ☐ Cut out and discard the **cauliflower** core; cut the head into bite-sized pieces.
- ☐ Medium dice the **potatoes**.
- ☐ Peel the **garlic**; using the flat side of your knife, smash each clove to flatten.
- ☐ Place the squash, cauliflower, potatoes, and garlic on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in an even layer.
- ☐ Roast, rotating the sheet pan halfway through, 34 to 36 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



2 Prepare the remaining ingredients:

- ☐ While the vegetables roast, roughly chop the capers.
- ☐ Finely chop the parsley leaves and stems.

3 Cook the chicken:

- ☐ Once the vegetables have roasted for about 10 minutes, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a large pan, heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the seasoned chicken and cook 4 to 6 minutes per side, or until browned and cooked through.
- ☐ Leaving any browned bits (or fond) in the pan, transfer the cooked chicken to a cutting board.
- ☐ When cool enough to handle, slice the cooked chicken crosswise.



4 Make the sauce:

- ☐ While the vegetables continue to roast, add the **capers** and **butter** to the pan of reserved fond. Cook on medium-high, stirring frequently, 1 to 2 minutes, or until the butter has melted.
- ☐ Add the **honey** (kneading the packet before opening), **vinegar**, and **2 tablespoons of water**. Cook, stirring constantly and scraping up any fond from the bottom of the pan, 30 seconds to 1 minute, or until thoroughly combined. Turn off the heat; season with salt and pepper to taste.



5 Serve your dish:

- ☐ Divide the **roasted vegetables** and **sliced chicken** among 4 dishes. Top with the **sauce**. Garnish with the **parsley**. Enjoy!