

Harmonic Pan-Roasted Chicken & Honey Mustard

with Buttermilk Smashed Potatoes & Collard Greens

4 SERVINGS

40-50 MINS

 Blue Apron

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Ingredients

-  4 Boneless, Skinless Chicken Breasts
-  1 ¼ lbs Golden Potatoes
-  1 bunch Collard Greens
-  1 Apple
-  ½ cup Buttermilk
-  2 Tbsps Apple Cider Vinegar
-  1 Shallot
-  2 Tbsps Honey
-  2 Tbsps Whole Grain Dijon Mustard
-  2 Tbsps Chicken Demi-Glace
-  1 Tbsp Weeknight Hero Spice Blend¹

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



SmartPoints® value per serving (as packaged)*



Scan this barcode in your WW app to track SmartPoints. Wine is not included in SmartPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 SmartPoints) to coat your pan before heating instead of olive oil (1 SmartPoint per teaspoon).

What feeds your soul?

This soul-warming dish highlights the classic sweet-sharp pairing of honey and dijon mustard and celebrates Disney and Pixar's *Soul*. Inspire a love of wholesome ingredients in your kids with this specially designed recipe—and **check out *Soul* streaming December 25 on Disney+.**

#letsblueapron
#pixarsoul



1 Prepare the ingredients & make the sauce

- Remove the **honey** from the refrigerator to bring to room temperature.
- 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.



- Large dice the **potatoes**.
- Peel and thinly slice the **shallot**.
- Grate the **apple** on the large side of a box grater, discarding the core.
- Separate the **collard green** leaves from the stems; discard the stems, then tear the leaves into bite-sized pieces.
- In a bowl, whisk together the **honey** (kneading the packet before opening) and **mustard**.

COOKING WITH KIDS?
Have them help by hand-tearing the collards and smashing the potatoes.

2 Cook & smash the potatoes

- Add the **diced potatoes** to the pot of boiling water and 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 **buttermilk** and **2 teaspoons of olive oil**; gently stir to combine. Using a fork or potato masher, smash 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 the **spice blend**.
- In a large pan (nonstick, if you have one), 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 cutting board and loosely cover with foil to keep warm.



4 Cook the collard greens

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced shallot** and **grated apple**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly softened.
- Add the **corn collard greens**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.
- Add the **vinegar, demi-glace, and 1 cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring occasionally, 8 to 10 minutes, or until the collard greens are wilted and the water has cooked off.
- Turn off the heat. Taste, then season with salt and pepper if desired.



5 Slice the chicken & serve your dish

- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **smashed potatoes** and **cooked collard greens**. Top the chicken with the **sauce**. Enjoy!



LISTEN UP! Scan this QR code to cook along to Disney's Jazz playlist, including the new *Soul* soundtrack. Interested in more 'Soul-ful' fun? Visit blog.blueapron.com to learn more.



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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 490, Total Carbohydrates: 49g, Dietary Fiber: 7g, Added Sugars: 9g, Total Fat: 13g, Saturated Fat: 2.5g, Protein: 46g, Sodium: 1240mg.

**For information about our wellness labels visit us at blueapron.com/wellness.

*SmartPoints are calculated based on as packaged. To view this meal's FULL NUTRITION FACTS, 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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