

Baked Chicken & Mafalda Pasta

with Honey & Balsamic Vinegar Dressing

TIME: 25-35 minutes

SERVINGS: 4

This recipe highlights the versatility of balsamic vinegar dressing by using it in two ways: as a coating and a dipping sauce for our chicken. Rustic mafalda pasta, tossed with kale and carrots in butter, makes for a satisfying accompaniment to the baked chicken. (You may receive dark green lacinato, green curly, or red kale.)



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30
MINUTE
MEAL

Ingredients



4
BONELESS,
SKINLESS
CHICKEN BREASTS



1/2 lb
MAFALDA PASTA



1 bunch
KALE



6 oz
CARROTS



4 Tbsps
BUTTER



2 Tbsps
BALSAMIC
VINEGAR



1 1/2 Tbsps
ITALIAN
SEASONING*



1
SHALLOT



1 Tbsp
HONEY



1 Tbsp
DIJON MUSTARD

* Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme, & Marjoram



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1 Make the dressing & bake the chicken:

- ☐ Remove the honey from the refrigerator to bring to room temperature.
- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Heat a large pot of salted water to boiling on high.
- ☐ Line a sheet pan with aluminum foil. Lightly oil the foil.
- ☐ In a large bowl, whisk together the **honey** (kneading the packet before opening), **vinegar**, **mustard**, **Italian seasoning**, and **1 tablespoon of olive oil**. Season with salt and pepper to taste. Transfer **half the dressing** to a serving dish and set aside.
- ☐ Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Add to the large bowl of **remaining dressing**; turn to thoroughly coat. Transfer to the prepared sheet pan.
- ☐ Bake 19 to 21 minutes, or until the chicken is cooked through. Remove from the oven and transfer to a cutting board.

2 Prepare the ingredients:

- ☐ While the chicken bakes, wash and dry the fresh produce.
- ☐ Peel the carrots and thinly slice into rounds.
- ☐ Peel and thinly slice the shallot.
- ☐ Remove and discard the kale stems; roughly chop the leaves.

3 Cook the pasta:

- ☐ While the chicken continues to bake, add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 9 to 11 minutes, or until al dente (still slightly firm to the bite). Turn off the heat.
- ☐ Reserving **½ cup of the pasta cooking water**, drain thoroughly and return to the pot.

4 Cook the vegetables:

- ☐ While the pasta cooks, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot.
- ☐ Add the **carrots**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- ☐ Add the **shallot** and **kale**; season with salt and pepper. Cook, stirring occasionally, 1 to 2 minutes, or until the kale is slightly wilted.
- ☐ Add **⅓ cup of water**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the kale has wilted and the water has cooked off. Turn off the heat.

5 Finish the pasta:

- ☐ Add the **cooked vegetables**, **butter**, and **half the reserved pasta cooking water** to the pot of **cooked pasta**. Cook on medium-high, stirring vigorously, 1 to 2 minutes, or until the pasta is thoroughly coated. (If the pasta seems dry, gradually add the remaining cooking water to achieve your desired consistency.) Turn off the heat and season with salt and pepper to taste.

6 Slice the chicken & serve your dish:

- ☐ Slice the **baked chicken** crosswise.
- ☐ Divide the **finished pasta** among 4 dishes. Top with the sliced chicken. Serve with the **reserved dressing** on the side. Enjoy!