

Southern-Spiced Chicken

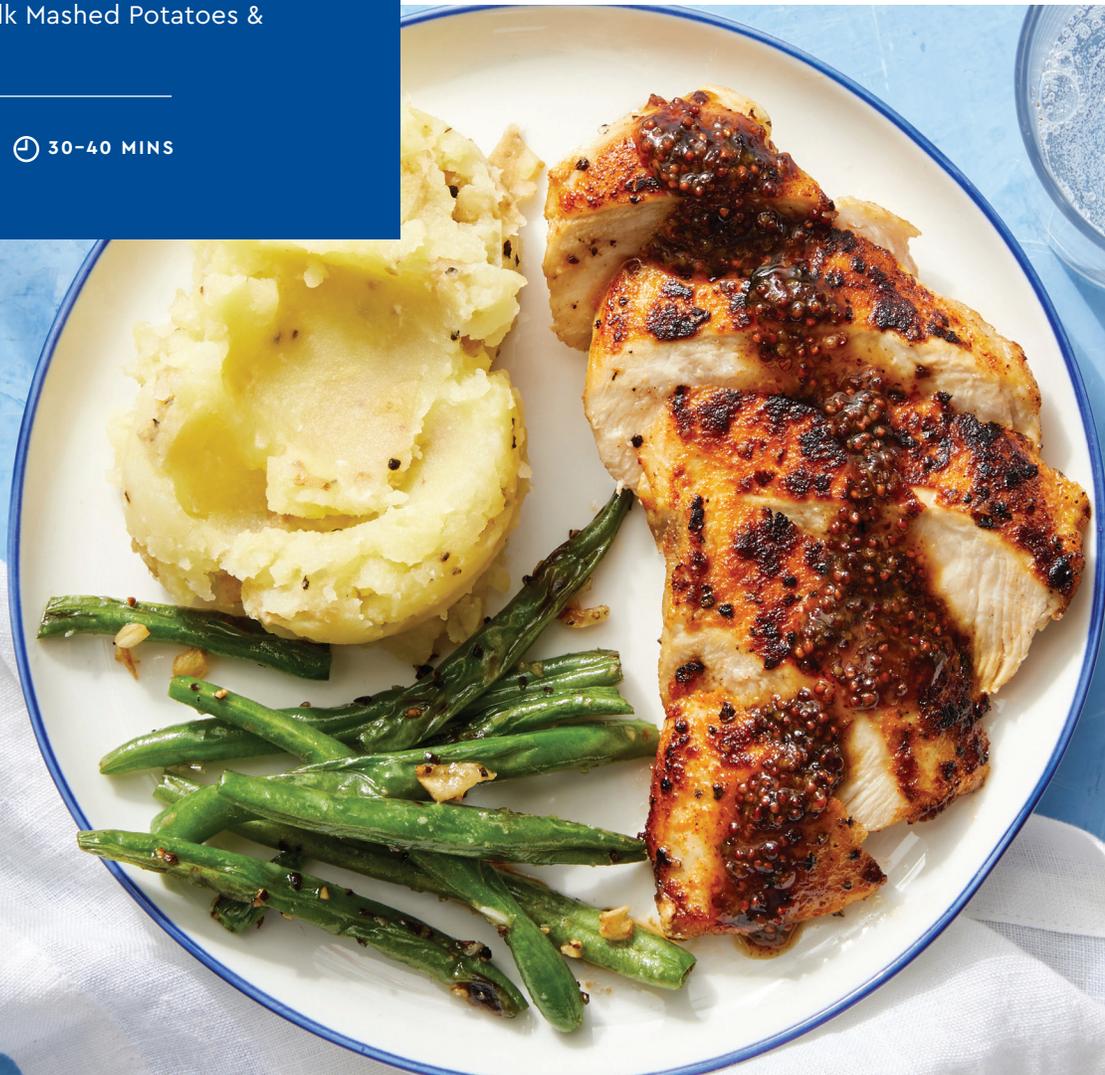
with Buttermilk Mashed Potatoes & Green Beans

2 SERVINGS

30-40 MINS

 **Blue Apron**

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Ingredients

 2 Boneless, Skinless Chicken Breasts 

 ¾ lb Golden or Red Potatoes

 2 Tbsps Chicken Demi-Glace

 1 Tbsp Southern Spice Blend¹

 2 Steaks 

 6 oz Green Beans

 1 Tbsp Whole Grain Dijon Mustard

 2 cloves Garlic

 ¼ cup Buttermilk

 1 Tbsp Light Brown Sugar

¹ Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper
*Ingredients may be replaced and quantities may vary.

1 Prepare the ingredients

- 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**.



2 Cook & mash 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 **1 tablespoon of olive oil**. 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 green beans

- Meanwhile, in a medium pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **green beans**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 1 to 2 minutes, or until the water has cooked off.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to a bowl and cover with foil to keep warm.
- Rinse and wipe out the pan.



4 Cook the chicken

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and **up to half the spice blend** (you will have extra).
- In the same pan, heat **1 tablespoon 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.



↺ CUSTOMIZED STEP 4 *If you chose Steaks*

- Pat the **steaks** dry with paper towels; season on all sides with salt, pepper, and **up to half the spice blend** (you will have extra).
- In the same pan, heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook, turning occasionally, 8 to 10 minutes for medium-rare, or until browned and cooked to your desired degree of doneness.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest at least 5 minutes.

5 Make the pan sauce & serve your dish

- To the pan of reserved fond, add the **demi-glace** (carefully, as the liquid may splatter), **mustard**, **sugar**, and $\frac{1}{4}$ **cup of water**. Cook, stirring occasionally, 2 to 3 minutes, or until the sauce is thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **mashed potatoes** and **cooked green beans**. Top the chicken with the **pan sauce**. Enjoy!



↺ CUSTOMIZED STEP 5 *If you chose Steaks*

- Make the pan sauce as directed in Step 5.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks** with the **mashed potatoes** and **cooked green beans**. Top the steaks with the **pan sauce**. Enjoy!

*An instant-read thermometer should register 165°F for chicken and 145°F for steak.

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Food safety handling information: blog.blueapron.com/foodsafety

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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