

Seared Chicken & Creamy Italian Dressing

with Mashed Potatoes & Glazed Vegetables

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
blueapron.com



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an  icon) and instructions tailored to you. *

Ingredients

 2 Boneless, Skinless Chicken Breasts

 2 cloves Garlic

 2 Tbsps Mayonnaise

 1 Tbsp Sherry Vinegar

 ¾ lb Golden Potatoes 

 4 oz Grape Tomatoes

 1 Tbsp Dijon Mustard

 ¼ cup Grated Parmesan Cheese

 1 bunch Kale 

 1 or 2 Poblano Peppers 

 2 Tbsps Mascarpone Cheese

 1 Tbsp Italian Seasoning¹

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

  SmartPoints® value per serving (as packaged)

If you customized this recipe, your SmartPoints may differ from what's above.



Scan this barcode in your WW app to track SmartPoints (the barcode at left provides the standard recipe and the barcode at right provides the customized version). 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) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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1. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram
*Ingredients may be replaced and quantities may vary.

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting SmartPoints?** Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

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 **2 cloves of garlic**. Roughly chop one clove. Using a zester or the small side of a box grater, finely grate the remaining clove into a paste.



- Halve the **tomatoes** and place in a bowl; add the **chopped garlic**. Season with salt and pepper; stir to combine.
- Cut off and discard the stem of the **pepper**. Halve lengthwise; remove the ribs and seeds, then large dice. Thoroughly wash your hands, knife, and cutting board immediately after handling.

↔ CUSTOMIZED STEP 1 *If you chose to remove Potatoes*

- Wash and dry the fresh produce.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Prepare the **garlic, tomatoes, and peppers** as directed in Step 1.

2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water. 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 **mascarpone**. Using a fork or potato masher, mash to your desired consistency. Taste, then season with salt and pepper if desired. Cover to keep warm.



↔ SKIP STEP 2 *If you chose to remove Potatoes*

3 Cook the chicken

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and **half the Italian seasoning**.
- In a medium 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 cover with foil to keep warm.



4 Make the dressing

- Meanwhile, in a bowl, combine the **mayonnaise, mustard, remaining Italian seasoning, half the cheese, 2 teaspoons of olive oil, 1 tablespoon of water, and as much of the garlic paste as you'd like**; season with salt and pepper.



↔ CUSTOMIZED STEP 4 *If you chose to remove Potatoes*

- Make the dressing as directed, but also add the **mascarpone**.

5 Cook & glaze the vegetables

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **diced pepper** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper. Continue to cook, stirring frequently, 2 to 3 minutes, or until slightly softened.
- Add the **seasoned tomatoes and garlic**. Cook, stirring occasionally, 2 to 3 minutes, or until softened.
- Add the **vinegar** (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until the vegetables are coated and most of the liquid has cooked off.
- Turn off the heat.



↔ CUSTOMIZED STEP 5 *If you chose to remove Potatoes*

- Follow the directions in Step 5, but add the **chopped kale** and $\frac{1}{4}$ **cup of water** (carefully, as the liquid may splatter) to the pan once the **peppers** are lightly browned, right before you season them.

6 Slice the chicken & serve your dish

- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **glazed vegetables** and **mashed potatoes**. Top the chicken with the **dressing**. Garnish the vegetables with the **remaining cheese**. Enjoy!



↔ CUSTOMIZED STEP 6 *If you chose to remove Potatoes*

- Slice the chicken and serve your dish as directed, without the potatoes.

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

NUTRITION PER SERVING (AS PREPARED)**

Calories: 700, Total Carbohydrates: 38g, Dietary Fiber: 6g, Added Sugars: 0g, Total Fat: 40g, Saturated Fat: 9g, Protein: 48g, Sodium: 1420mg.

**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 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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