

Pan-Seared Chicken & Mashed Potatoes

with Fig or Sour Cherry Pan Sauce

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**

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Ingredients

 2 Boneless, Skinless Chicken Breasts 

 1 bunch Kale

 2 Tbsps Crème Fraîche

 2 Tbsps Red Wine Vinegar

 2 Boneless, Center-Cut Pork Chops 

 2 cloves Garlic

 ¼ cup Grated Parmesan Cheese

 ¼ tsp Crushed Red Pepper Flakes

 ¾ lb Golden or Red Potatoes

 2 Tbsps Butter

 2 Tbsps Fig or Sour Cherry Spread

*Ingredients may be replaced and quantities may vary.

1 Prepare the ingredients & start the sauce

- 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**.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- In a bowl, whisk together the **fig or sour cherry spread**, **half the vinegar**, and $\frac{1}{4}$ **cup of water**.



2 Cook & mash the potatoes

- Add the **diced potatoes** and **half the chopped garlic** 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 **crème fraîche** and **2 teaspoons of olive oil**; season with salt and pepper. 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 kale

- Meanwhile, in a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **remaining chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Add the **chopped kale** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.
- Add the **remaining vinegar** (carefully, as the liquid may splatter) and $\frac{1}{4}$ **cup of water**. Cook, stirring occasionally, 2 to 3 minutes, or until the kale is wilted and the liquid has cooked off.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



4 Cook the chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, 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 plate.



↻ CUSTOMIZED STEP 4 *If you chose Pork Chops*

- Pat the **pork** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned pork. Cook 4 to 6 minutes per side, or until browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate and let rest at least 5 minutes.

5 Finish the sauce & serve your dish

- To the pan of reserved fond, add the **sauce** (carefully, as the liquid may splatter). Cook on medium-high, stirring constantly and scraping up any fond, 2 to 3 minutes, or until slightly thickened.
- Turn off the heat and stir in the **butter** until melted and combined. Taste, then season with salt and pepper if desired.
- Serve the **cooked chicken** with the **mashed potatoes** and **cooked kale**. Top the chicken with the **finished sauce**. Top the potatoes with the **parmesan**. Enjoy!



↻ CUSTOMIZED STEP 5 *If you chose Pork Chops*

- Finish the sauce and serve your dish as directed with the **cooked pork** (instead of chicken).

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

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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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