

# Seared Chicken & Creamy Italian Dressing

with Mashed Potatoes & Glazed Vegetables

2 SERVINGS

⌚ 35-45 MINS

 Blue Apron

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

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## Ingredients

 2 Boneless, Skinless Chicken Breasts 

 1 Zucchini

 2 Tbsps Mayonnaise

 2 Tbsps Crème Fraîche

 2 Boneless, Center-Cut Pork Chops 

 4 oz Grape Tomatoes

 1 Tbsp Dijon Mustard

 ¼ tsp Grated Parmesan Cheese

 ¾ lb Golden or Red Potatoes

 2 cloves Garlic

 2 Tbsps Sherry Vinegar

 1 Tbsp Italian Seasoning<sup>1</sup>

1. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram  
\*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**.
- Quarter the **zucchini** lengthwise, then cut crosswise into 1-inch pieces.
- 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**. Place in a bowl; add the **chopped garlic**. Season with salt and pepper; stir to combine.



## 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 **crème fraîche**. 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 chicken

- Meanwhile, 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.



### ↻ CUSTOMIZED STEP 3 *If you chose Pork*

- Meanwhile, pat the **pork** 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 pork. Cook 4 to 6 minutes per side for medium (the center may still be slightly pink), 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.

## 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.



## 5 Cook & glaze the vegetables

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **zucchini pieces** 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**. Cook, stirring occasionally, 1 to 2 minutes, or until softened.
- Carefully add **half the vinegar** (you will have extra). 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.



## 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 Pork*

- Follow the directions in Step 6, using 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](https://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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