

# Lemon & Garlic-Butter Chicken

with Roasted Broccoli & Mashed Potatoes


2 OR 4 SERVINGS

⌚ 25-35 MINS


 **Blue Apron**  
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## Ingredients

 2 Boneless, Skinless Chicken Breasts or 4 for 4 servings


 2 cloves Garlic

 1 oz Butter or 2 oz for 4 servings


 1 Tbsp Weeknight Hero Spice Blend<sup>1</sup>

  $\frac{3}{4}$  lb Potatoes or 1  $\frac{1}{2}$  lbs for 4 servings

 1 Lemon

  $\frac{1}{4}$  cup Labneh Cheese

  $\frac{1}{4}$  tsp Crushed Red Pepper Flakes

  $\frac{1}{2}$  lb Broccoli or 1 lb for 4 servings

 1 Tbsp Capers

 1 tsp Whole Dried Oregano



Serve with Blue Apron wine that has this symbol  
[blueapron.com/wine](https://blueapron.com/wine)



15 12 9

SmartPoints® value per serving (as packaged)



Scan this barcode in your WW app to track SmartPoints. 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.

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

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1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



**Hey, Chef!** If you chose to increase the serving size for this recipe, look for specialized directions in italics in the steps below.

**WW member?** Try these WW pro-tips: 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 SmartPoints value per teaspoon) to coat your pan before heating.

## 1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot or a large pot if you're cooking 4 servings  $\frac{3}{4}$  of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Medium dice the **potatoes**.
- Cut off and discard the bottom  $\frac{1}{2}$  inch of the **broccoli** stem; cut the broccoli into small florets.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **capers**.
- Halve the **lemon** crosswise; squeeze the juice into a bowl, straining out the seeds.



## 2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water and cook 16 to 19 minutes, or until tender when pierced with a fork. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **labneh**. 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 Roast the broccoli

- Meanwhile, line a sheet pan with foil.
- Place the **broccoli florets** on the foil. Drizzle with **olive oil** and season with salt, pepper, and the **spice blend**; toss to thoroughly coat. Arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



## 4 Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **oregano**.
- In a medium pan or a large pan if you're cooking 4 servings (nonstick, if you have one), heat a drizzle 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.



## 5 Make the pan sauce & serve your dish

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **chopped garlic**, **chopped capers**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Add the **lemon juice** (carefully, as the liquid may splatter). Cook, stirring frequently and scraping up any fond, 1 to 2 minutes, or until slightly thickened.
- Turn off the heat; stir in the **butter** until melted and combined.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **mashed potatoes** and **roasted broccoli**. Top the chicken with the **pan sauce**. Enjoy!



\*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. 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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