

Balsamic Chicken & Asparagus

with Parmesan Mashed Potatoes

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.*

Ingredients

Customized ingredients

 2 Boneless, Skinless Chicken Breasts 

SWAPPED FOR:


 2 Skin-On Salmon Fillets 


 1 Tbsp Soy Sauce

 ¼ cup Grated Parmesan Cheese

 ¾ lb Golden or Red Potatoes

 2 cloves Garlic

 2 Tbsps Balsamic Vinegar


 2 Tbsps Sliced Roasted Almonds


 1 Tbsp Weeknight Hero Spice Blend¹

 6 oz Asparagus

 2 Scallions

 1 oz Butter

 1 Tbsp Light Brown Sugar

 ¼ tsp Crushed Red Pepper Flakes

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

*Ingredients may be replaced and quantities may vary.

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

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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**.
- Snap off and discard the tough, woody stem ends of the **asparagus**; halve crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Thinly slice the **scallions**.
- In a bowl, combine the **vinegar, soy sauce, sugar, and 2 tablespoons of water**; season with salt and pepper.



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 fork. Turn off the heat.
- Drain thoroughly and return to the pot. Add **half the butter** and **half the cheese**; 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 & finish the asparagus

- Meanwhile, in a medium pan (nonstick, if you have one), heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **halved asparagus**. Cook, stirring occasionally, 5 to 6 minutes, or until lightly browned and slightly softened.
- Add the **chopped garlic** 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 frequently, 1 to 2 minutes, or until combined and the asparagus is tender when pierced with a fork.
- Transfer to a bowl; add the **almonds** and stir to combine. 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 on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- 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 cutting board.



↩ CUSTOMIZED STEP 4 If you chose Salmon

- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In the same pan, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the seasoned fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

5 Finish the sauce & serve your dish

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **sliced scallions**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the **sauce** (carefully, as the liquid may splatter). Cook, stirring occasionally and scraping up any fond, 2 to 3 minutes, or until slightly thickened.
- Turn off the heat. Stir in the **remaining butter** until melted and combined. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **mashed potatoes** and **finished asparagus**. Top the chicken with the **sauce**. Garnish the asparagus with the **remaining cheese**. Enjoy!



↩ CUSTOMIZED STEP 5 If you chose Salmon

- Finish the sauce as directed in Step 5.
- Serve the **cooked fish** with the **mashed potatoes** and **finished asparagus**. Top the fish with the **sauce**. Garnish the asparagus with the **remaining cheese**. Enjoy!

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

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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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