

# Seared Chicken & Mashed Potatoes

with Maple-Glazed Carrots

**TIME:** 30-40 minutes

**SERVINGS:** 2

We're giving seared chicken a lift with a rich pan sauce, made with sweet maple syrup and tangy sherry vinegar. It's the perfect accompaniment for creamy mashed potatoes and roasted carrots, dressed with a bit more maple syrup.



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Plush & Fruity

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## Ingredients



2  
BONELESS,  
SKINLESS  
CHICKEN BREASTS



4  
CARROTS



¾ lb  
YUKON GOLD  
POTATOES

## KNICK KNACKS:



2 Tbsps  
MAPLE SYRUP



2 Tbsps  
CRÈME FRAÎCHE



2 Tbsps  
BUTTER



1 Tbsp  
SHERRY VINEGAR

**Did You Know?**  
*Crème fraîche is richer and less tangy than yogurt or sour cream.*



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## 1 Prepare the ingredients:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Peel the **carrots**; quarter lengthwise, then halve crosswise.
- ☐ Large dice the **potatoes**.

## 2 Roast & glaze the carrots:

- ☐ Place the **sliced carrots** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer.
- ☐ Roast 15 to 17 minutes, or until lightly browned and tender when pierced with a fork.
- ☐ Carefully transfer to a large bowl. Add **half the maple syrup**; stir to coat. Season with salt and pepper to taste. Loosely cover with aluminum foil to keep warm.



## 3 Cook & mash the potatoes:

- ☐ While the carrots roast, add the **diced potatoes** to the pot of boiling water; cook 14 to 16 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 **1 tablespoon of olive oil**. Using a fork, mash to your desired consistency. Season with salt and pepper to taste. Cover to keep warm.

## 4 Cook the chicken:

- ☐ While the potatoes cook, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a medium pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken and cook 5 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:

- ☐ Add the **vinegar** and **remaining maple syrup** to the pan of reserved fond (be careful, as the liquid may splatter). Cook on medium-high, stirring constantly and scraping up any fond, 30 seconds to 1 minute, or until thoroughly combined.
- ☐ Turn off the heat. Stir in the **butter** until thoroughly combined. Season with salt and pepper to taste.



## 6 Slice the chicken & serve your dish:

- ☐ Slice the **cooked chicken** crosswise.
- ☐ Serve the sliced chicken with the **mashed potatoes** and **glazed carrots**. Top the chicken with the **pan sauce**. Enjoy!

