

Crispy Chicken & Italian Tomato Sauce

with Potatoes & Collard Greens

TIME: 30-40 minutes

SERVINGS: 2

This recipe has been approved by Whole30®. To learn more about their guidelines, visit [Whole30.com](https://www.whole30.com).

In week two of our eight weeks of delicious Whole30® approved recipes, we're adding bold flavor to a simple, tangy-sweet tomato sauce with Italian seasoning and briny capers and olives. It's the perfect companion for crispy-skinned chicken and roasted potatoes.



MATCH YOUR BLUE APRON WINE



Light & Bright

Whole30® guidelines do not permit alcohol consumption.



Ingredients



4
BONELESS,
SKIN-ON CHICKEN
THIGHS



1 15-oz can
CRUSHED
TOMATOES



2 cloves
GARLIC



1 bunch
COLLARD GREENS



¾ lb
YUKON GOLD
POTATOES



1
YELLOW ONION

KNICK KNACKS:



2 tsp
CAPERS



1 oz
CASTELVETRANO
OLIVES



1 Tbsp
ITALIAN
SEASONING*

* Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme, & Marjoram



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1 Prepare & roast the potatoes:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Medium dice the **potatoes**. Place on a sheet pan; drizzle with olive oil and season with salt and pepper. Toss to coat. Arrange in an even layer.
- ☐ Roast, flipping halfway through, 23 to 25 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

2 Prepare the remaining ingredients:

- ☐ While the potatoes roast, peel and thinly slice the **onion**.
- ☐ Peel and roughly chop the **garlic**. Remove and discard the stems of the **collard greens**; roughly chop the leaves.
- ☐ Using the flat side of your knife, smash the **olives**; remove and discard the pits, then roughly chop.



3 Cook the chicken:

- ☐ While the potatoes continue to roast, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken, skin side down. Cook, occasionally pressing down with a spatula, 4 to 5 minutes, or until the skin is browned and crispy. Flip and cook 4 to 5 minutes, or until browned and cooked through.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a plate. Loosely cover with aluminum foil to keep warm.

4 Make the sauce:

- ☐ Add the **sliced onion** to the pan of reserved fond; season with salt and pepper. (If the pan seems dry, add a drizzle of olive oil.) Cook on medium-high, stirring occasionally, 2 to 3 minutes, or until lightly browned and slightly softened.
- ☐ Add the **chopped garlic and collard greens**; cook, stirring frequently, 2 to 3 minutes, or until the collard greens are slightly wilted.
- ☐ Add the **tomatoes, chopped olives, capers, Italian seasoning, and ½ cup of water**; season with salt and pepper. Cook, stirring occasionally and scraping up any fond, 6 to 8 minutes, or until the collard greens are wilted and the sauce is thickened. Turn off the heat; season with salt and pepper to taste.

5 Serve your dish:

- ☐ Serve the **cooked chicken** with the **sauce** and **roasted potatoes**. Top with a drizzle of olive oil. Enjoy!

