

# Southern-Spiced Chicken

with Potato Salad & Maple Green Beans

2 SERVINGS

🕒 30-40 MINS

 **Blue Apron**

[blueapron.com](https://blueapron.com)



## Ingredients

 2 Boneless, Skinless Chicken Breasts

 2 cloves Garlic

 1 1/2 Tbsps Maple Syrup

 3/4 lb Golden or Red Potatoes

 1/2 oz Pickled Peppadew Peppers

 1/4 tsp Crushed Red Pepper Flakes

 6 oz Green Beans

 1 Tbsp Dijonnaise

 1 Tbsp Southern Spice Blend<sup>1</sup>



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



10 8 4

SmartPoints® value per serving (as packaged)



6 44216 08095 3 track SmartPoints.

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.

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1. Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper

**Hey, Chef!** Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting SmartPoints?** Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

## 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**.
- Roughly chop the **peppers**.
- Cut off and discard any stem ends from the **green beans**.
- Peel and roughly chop **2 cloves of garlic**.



## 2 Cook the chicken

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and **up to half the spice blend**.
- 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. Loosely cover with foil to keep warm.



## 3 Make the potato salad

- Meanwhile, add the **diced potatoes** to the pot of boiling water. Cook 15 to 17 minutes, or until tender when pierced with a fork.
- Turn off the heat. Drain thoroughly and return to the pot. Add the **dijonnaise, chopped peppers, 2 teaspoons of olive oil, and a pinch of the remaining spice blend** (you will have extra). Season with salt and pepper; gently stir to combine.



## 4 Cook the green beans & serve your dish

- In a bowl, combine the **maple syrup** and **as much of the crushed red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be.
- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **green beans**; season with salt and pepper. Cook, stirring frequently, 3 to 5 minutes, or until lightly browned.
- Add the **chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Add **half the spicy maple syrup** and **1 tablespoon of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the green beans are softened and the liquid has cooked off.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **cooked green beans** and **potato salad**. Drizzle the chicken with the **remaining spicy maple syrup**. Enjoy!



\*An instant-read thermometer should register 165°F.

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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