

Chile & Orange-Glazed Chicken

with Roasted Vegetables & Garlic Mashed Potatoes

TIME: 35-45 minutes

SERVINGS: 2

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

We're partnering with Whole30® to bring you the fifth of eight weeks of delicious recipes. You'll glaze chicken with a combination of fresh orange juice and Calabrian chile paste for irresistibly sweet-hot flavor.

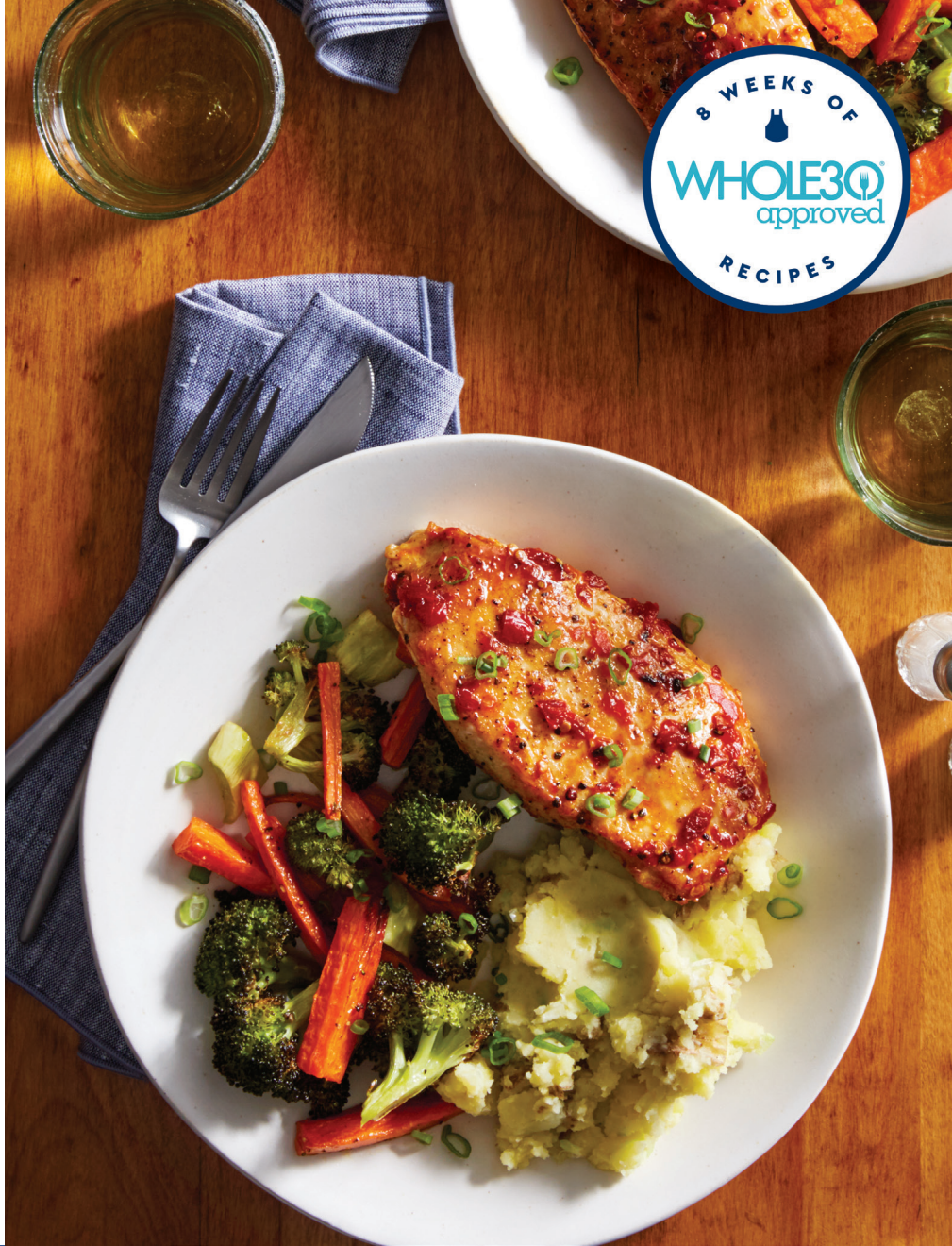


MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Whole30® guidelines do not permit alcohol consumption.



Ingredients



2
BONELESS,
SKINLESS
CHICKEN BREASTS



2
CARROTS



2 cloves
GARLIC



1
CARA CARA
ORANGE



1 1/2 tps
CALABRIAN CHILE
PASTE



3/4 lb
YUKON GOLD
POTATOES



1/2 lb
BROCCOLI



2
SCALLIONS

KNICK KNACKS:



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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 cut crosswise into 2-inch pieces. Cut off and discard the bottom ½ inch of the **broccoli** stem; cut the broccoli into small pieces, keeping the florets intact.
- ☐ Large dice the **potatoes**. Peel the **garlic**; using the flat side of your knife, smash each clove once to flatten.
- ☐ Halve the **orange**; squeeze the juice into a medium bowl, straining out any seeds.
- ☐ Cut off and discard the root ends of the **scallions**; thinly slice, separating the white bottoms and green tops.



2 Roast the vegetables:

- ☐ Place the **sliced carrots** and **broccoli pieces** on a sheet pan; drizzle with olive oil and season with salt and pepper. Toss to coat. Arrange in an even layer.
- ☐ Roast 19 to 21 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

3 Cook & mash the potatoes:

- ☐ While the vegetables roast, add the **diced potatoes** and **smashed garlic** 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 **sliced white bottoms of the scallions** and **2 tablespoon of olive oil**. Using a fork, mash to your desired consistency. Season with salt and pepper to taste. Cover to keep warm.



4 Make the glaze:

- ☐ While the potatoes cook, to the bowl of **orange juice**, add **as much of the chili paste as you'd like**, depending on how spicy you'd like the dish to be. Whisk to combine; season with salt and pepper.

5 Cook & glaze the chicken:

- ☐ While the potatoes continue to cook, pat the **chicken** dry with paper towels. Season with salt and pepper on both sides.
- ☐ 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 5 to 7 minutes on the first side, or until browned. Flip and cook 5 to 6 minutes, or until lightly browned.
- ☐ Add the **glaze** and cook, constantly spooning the glaze over the chicken, 30 seconds to 1 minute, or until the glaze is thickened and the chicken is cooked through.



6 Serve your dish:

- ☐ Serve the **glazed chicken** with the **mashed potatoes** and **roasted vegetables**. Garnish with the **sliced green tops of the scallions**. Enjoy!