

Ingredients



4 Boneless, Skinless Chicken Breasts



6 oz Asparagus



2 Tbsps Balsamic Vinegar



1 Tbsp Weeknight Hero Spice Blend¹



1 1/4 lbs Potatoes



2 Tbsps Chicken Demi-Glace



1 oz Butter



¾ lb Carrots



2 Tbsps Fig Spread



1/4 cup Buttermilk



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

Cook along on the app

The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

Prepare the ingredients

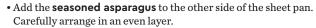
- Place an oven rack in the center of the oven; preheat to 450°F.
- Fill a medium pot 3/4 of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Peel the carrots; halve lengthwise, then cut crosswise into 1-inch pieces.



- Snap off and discard the tough, woody stem ends of the asparagus; cut crosswise into 2-inch pieces (keeping the pointed tips intact). Place $\,$ in a bowl; drizzle with 2 teaspoons of olive oil and season with salt, pepper, and up to half the spice blend. Toss to coat.
- Medium dice the potatoes.

2 Roast the vegetables

- Line a sheet pan with foil.
- Place the carrot pieces on the foil. Drizzle with 1 tablespoon of olive oil and season with salt, pepper, and the remaining spice blend; toss to coat. Arrange in an even layer on one side of the sheet pan.
- Roast 6 minutes. Leaving the oven on, remove from the oven.



• Roast 10 to 12 minutes, or until the vegetables are lightly browned and tender when pierced with a fork. Remove from the oven.



- Meanwhile, add the **diced** potatoes to the pot of boiling water. Cook 17 to 19 minutes, or until tender when pierced with a fork. Turn off the heat.
- Drain thoroughly and return to the pot. Add the buttermilk and 2 tablespoons of olive oil: 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.

4 Cook the chicken

- · Meanwhile, pat the chicken dry with paper towels; season with salt and pepper on both sides.
- In a large pan, heat 2 tablespoons 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.

5 Make the sauce

- · To the pan of reserved fond, add the vinegar, demi-glace, fig spread, and 1/4 cup of water (carefully, as the liquid may splatter). Cook on medium-high, stirring frequently and scraping up any fond, 2 to 3 minutes, or until thoroughly combined.
- Turn off the heat and stir in the butter until melted and combined.
- Taste, then season with salt and pepper if desired.

6 Slice the chicken & serve your dish

- Slice the cooked chicken crosswise.
- Serve the sliced chicken with the mashed potatoes and roasted vegetables. Top the chicken and potatoes with the sauce. Enjoy!



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

