

Fig-Balsamic Chicken

with Mashed Potatoes & Roasted Vegetables

4 SERVINGS

⌚ 30-40 MINS

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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



3/4 lb Carrots



2 Tbsps Fig Spread



1/4 cup Buttermilk



Serve with Blue Apron wine that has this symbol
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¹. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- 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.
- 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.
- Add the **seasoned asparagus** to the other side of the sheet pan. Carefully arrange in an even layer.
- Roast 10 to 12 minutes, or until the vegetables are lightly browned and tender when pierced with a fork. Remove from the oven.



3 Cook & mash the potatoes

- 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 $\frac{1}{4}$ **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.