

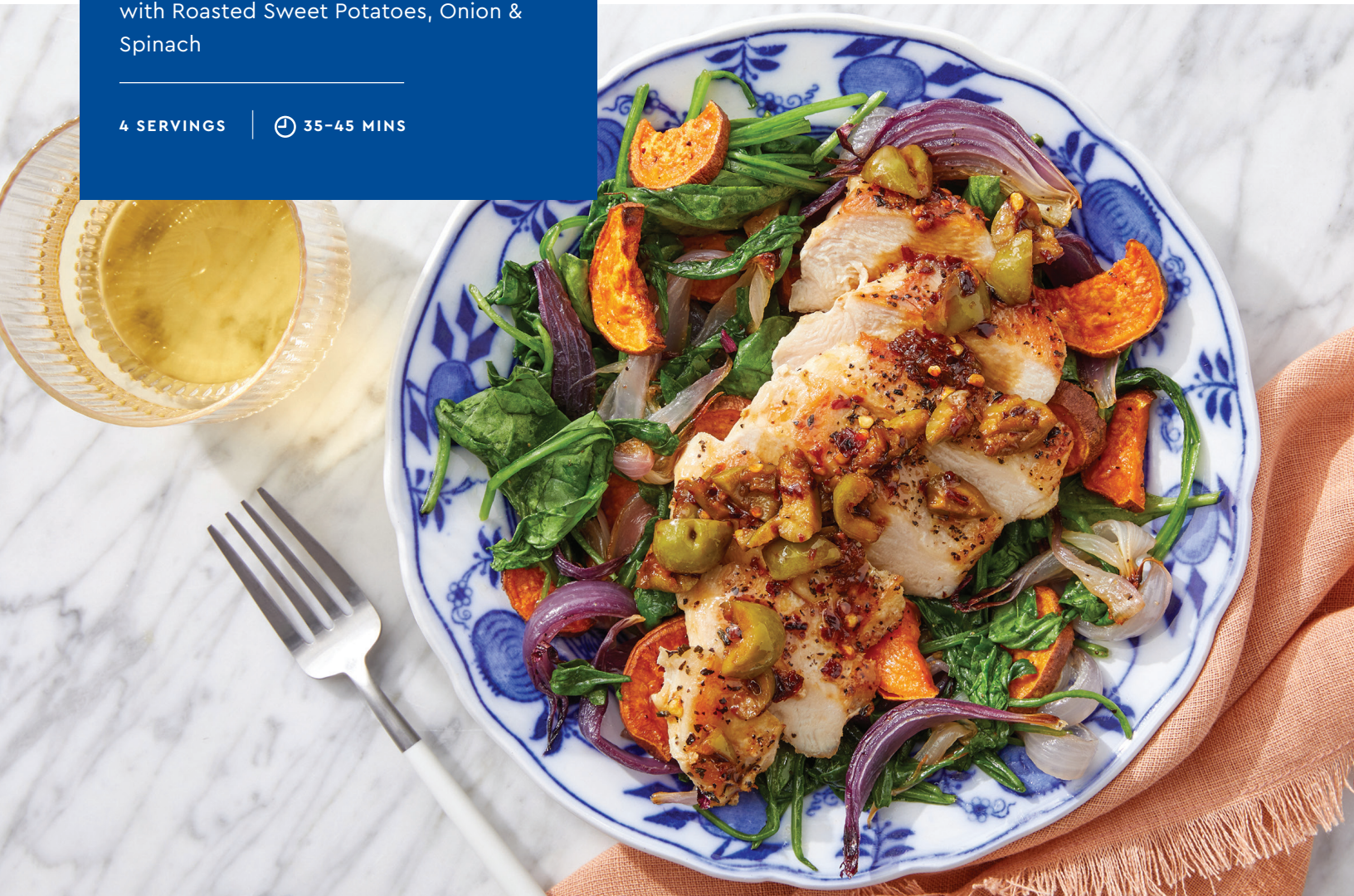
Oregano Chicken & Olive Pan Sauce

with Roasted Sweet Potatoes, Onion & Spinach

4 SERVINGS

35-45 MINS

 **Blue Apron**
blueapron.com




Ingredients


Customized ingredients


 4 Boneless, Skinless Chicken Breasts 


SWAPPED FOR:

 4 Flank Steaks 


 1 oz Castelvetrano Olives

 1 tsp Whole Dried Oregano

 1 ½ lbs Sweet Potatoes

 5 oz Baby Spinach

 2 tps Date Syrup

 1 oz Butter

 2 Red Onions

 1 Lemon

 ¼ tsp Crushed Red Pepper Flakes

A table sugar substitute, this syrup is made from 100% organic, naturally-sweet dates.

*Ingredients may be replaced and quantities may vary.



11 9 4

SmartPoints® value per serving (as packaged)

If you customized this recipe, your SmartPoints may differ.



Scan these barcodes 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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BLUE APRON
x
Chef
Sam Kass

We've partnered with public health advocate and chef Sam Kass to bring you recipes that showcase just how easy (and delicious) balanced eating can be. Here, oregano chicken gets a lift from a bright, zesty pan sauce of olives, lemon juice, butter, red pepper flakes, and sweet date syrup.



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

1 Prepare & roast the vegetables

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Line a sheet pan with foil.
- Halve the **sweet potatoes** lengthwise, then cut crosswise into 1/4-inch pieces.
- Halve and peel the **onions**; cut into 1/2-inch-wide wedges, keeping the layers intact.
- Transfer the **sweet potato pieces** and **onion wedges** to the sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat and arrange in an even layer.
- Roast 24 to 26 minutes, or until browned and tender when pierced with a fork. Leaving the oven on, remove from the oven.



2 Prepare the remaining ingredients

- Meanwhile, pit and roughly chop the **olives**.
- Quarter and deseed the **lemon**.
- In a bowl, whisk together the **date syrup**, the **juice of 2 lemon wedges**, and 1/3 cup of **water** until thoroughly combined. Season with salt and pepper.
- Place the **spinach** in a separate bowl. Drizzle with **olive oil** and season with salt and pepper; toss to coat.



3 Cook the chicken

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **oregano**.
- In a large pan (nonstick, if you have one), heat **1 tablespoon 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.



↩ CUSTOMIZED STEP 3 If you chose Steaks

- Pat the **steaks** dry with paper towels; season on both sides with salt, pepper, and the **oregano**.
- In a large pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook 3 to 5 minutes per side for medium-rare (125°F), or until browned and cooked to your desired degree of doneness.*
- Leaving any browned bits (or fond) in the pan, transfer to a cutting board and let rest at least 5 minutes.

4 Make the pan sauce

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **chopped olives** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly softened.
- Add the **date-lemon mixture** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring frequently and scraping up any fond, 3 to 4 minutes, or until combined and slightly thickened.
- Turn off the heat and stir in the **butter** until melted and combined. Taste, then season with salt and pepper if desired.



5 Finish the vegetables & serve your dish

- Carefully top the sheet pan of **roasted vegetables** with the **seasoned spinach** in an even layer.
- Return to the oven and roast 3 to 5 minutes, or until the spinach is mostly wilted.
- Remove from the oven and carefully stir to combine.
- Evenly top with the **juice of the remaining lemon wedges**. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **finished vegetables** topped with the **sliced chicken** and **pan sauce**. Enjoy!



↩ CUSTOMIZED STEP 5 If you chose Steaks

- Finish the vegetables as directed in Step 5.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks** with the **finished vegetables**. Top the steaks with the **pan sauce**. Enjoy!

*The USDA recommends a minimum safe cooking temperature of 165°F for chicken and 145°F for steak. Cook the steaks an additional 2 to 3 minutes to achieve this. Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.