

Seared Chicken & Lemon-Garlic Mayo

with Mashed Potatoes & Carrot-Pepper Agrodolce

2 SERVINGS

35-45 MINS

 Blue Apron

blueapron.com



Ingredients

 2 Boneless, Skinless Chicken Breasts

 4 oz Sweet Peppers

 1 ½ Tbsps Golden Raisins

 1 Tbsp Honey

 ¾ lb Golden Potatoes

 1 clove Garlic

 1 Tbsp Red Wine Vinegar

 ¼ tsp Crushed Red Pepper Flakes

 6 oz Carrots

 1 Lemon

 2 Tbsps Mayonnaise

 1 Tbsp Weeknight Hero Spice Blend¹



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.

¹. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley

1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- 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**.
- Peel the **carrots**; halve lengthwise, then cut crosswise into 2-inch pieces.
- Cut off and discard the stems of the **peppers**; remove the cores, then quarter lengthwise.
- Quarter and deseed the **lemon**.
- Peel **1 clove of garlic**; using a zester or the small side of a box grater, finely grate into a paste.
- In a bowl, whisk together the **mayonnaise**, the **juice of 2 lemon wedges**, and **as much of the garlic paste as you'd like**. Season with salt and pepper.



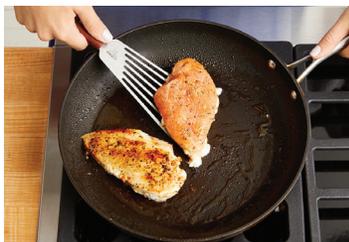
2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water. Cook 16 to 18 minutes, or until tender when pierced with a fork. Turn off the heat.
- Drain thoroughly and return to the pot. Add **2 teaspoons of olive oil**. Using a fork or potato masher, mash to your desired consistency.
- Taste, then season with salt and pepper if desired. Cover to keep warm.



3 Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels. Season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- 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. Cover with foil to keep warm.



4 Make the carrot-pepper agrodolce

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **carrot pieces**; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until lightly browned and slightly softened.
- Add the **quartered peppers**. Cook, stirring occasionally, 3 to 4 minutes, or until slightly softened.
- Add the **honey** (kneading the packet before opening), **vinegar** (carefully, as the liquid may splatter), **raisins**, and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 30 seconds to 1 minute, or until combined and the vegetables are coated.
- Turn off the heat. Taste, then season with salt and pepper if desired.



5 Slice the chicken & serve your dish

- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **mashed potatoes** and **carrot-pepper agrodolce**. Top the chicken with the **lemon-garlic mayo**. Serve the **remaining lemon wedges** on the side. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: 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.

Blue Apron, LLC, New York, NY 10005

[f](#) [t](#) [@](#) Share your photos with #blueapron

