

# Seared Chicken & Creamy Italian Dressing

with Mashed Potatoes & Glazed Vegetables

2 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**

[blueapron.com](https://blueapron.com)



## Ingredients

 2 Boneless, Skinless Chicken Breasts

 1 Zucchini

 2 Tbsps Mayonnaise

  $\frac{1}{4}$  cup Grated Parmesan Cheese

  $\frac{3}{4}$  lb Golden Potatoes

 4 oz Grape Tomatoes

 1 Tbsp Dijon Mustard

 1 Tbsp Italian Seasoning<sup>1</sup>

 2 cloves Garlic

 2 Tbsps Red Wine Vinegar

 2 Tbsps Mascarpone Cheese

 Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)

 **15** **13** **9**

SmartPoints® value per serving (as packaged)

Scan this barcode 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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1. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram

**Hey, Chef!** Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting SmartPoints?** Choose nonstick cooking spray (0 SmartPoints) instead of olive oil (1 SmartPoint per teaspoon) to coat your pan before heating.

## 1 Prepare the ingredients

- 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**.
- Quarter the **zucchini** lengthwise, then cut crosswise into 1-inch pieces.
- Peel **2 cloves of garlic**. Roughly chop one clove. Using a zester or the small side of a box grater, finely grate the remaining clove into a paste.
- Halve the **tomatoes**. Place in a bowl; add the **chopped garlic**. Season with salt and pepper; stir to combine.



## 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 the **mascarpone**. 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 **half the Italian seasoning**.
- 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.



## 4 Make the dressing

- Meanwhile, in a bowl, combine the **mayonnaise**, **mustard**, **remaining Italian seasoning**, **half the parmesan**, **2 teaspoons of olive oil**, **1 tablespoon of water**, and **as much of the garlic paste as you'd like**; season with salt and pepper.



## 5 Cook & glaze the vegetables

- In the pan of reserved fond, heat **2 teaspoons of olive oil** on medium-high until hot.
- Add the **zucchini pieces** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper. Continue to cook, stirring frequently, 2 to 3 minutes, or until slightly softened.
- Add the **seasoned tomatoes**. Cook, stirring occasionally, 1 to 2 minutes, or until softened.
- Carefully add **half the vinegar** (you will have extra). Cook, stirring frequently, 30 seconds to 1 minute, or until the vegetables are coated and most of the liquid has cooked off.
- Turn off the heat.



## 6 Slice the chicken & serve your dish

- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **glazed vegetables** and **mashed potatoes**. Top the chicken with the **dressing**. Garnish the vegetables with the **remaining parmesan**. 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](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION.

Food safety handling information: [blog.blueapron.com/foodsafety](https://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.

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