

Seared Chicken & Dijon Pan Sauce

with Buttermilk Mashed Potatoes & Green Beans

2 SERVINGS

30-40 MINS

 **Blue Apron**
blueapron.com



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an ) and instructions tailored to you.*


Ingredients

Customized ingredients


 2 Boneless, Skinless Chicken Breasts 

SWAPPED FOR:

 2 Flank Steaks 


 1 Tbsp Light Brown Sugar


 1 Tbsp Southern Spice Blend¹


 3/4 lb Golden Potatoes

 2 cloves Garlic

 1 Tbsp Whole Grain Dijon Mustard

 6 oz Green Beans

 1/4 cup Buttermilk

 2 1/2 Tbsps Chicken Demi-Glaze

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



10 7 4

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.

If you customized this recipe, your SmartPoints may differ from what's above.

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1. Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper
*Ingredients may be replaced and quantities may vary.

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**.
- Peel and roughly chop **2 cloves of garlic**.



2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water and 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 **buttermilk** and **1 tablespoon 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 green beans

- Meanwhile, cut off and discard any stem ends from the **green beans**.
- In a medium pan (nonstick, if you have one), heat **1 tablespoon of olive oil** on medium-high until hot.
- Add the **green beans**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.
- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 1 to 2 minutes, or until the water has cooked off.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to a bowl and cover with foil to keep warm.
- Rinse and wipe out the pan.



4 Cook the chicken

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and **up to half the spice blend** (you will have extra).
- In the same pan, 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 4 If you chose Steak

- Pat the **steaks** dry with paper towels; season on both sides with salt, pepper, and **up to half the spice blend** (you will have extra).
- In the same pan, 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; let rest at least 5 minutes.

5 Make the pan sauce & serve your dish

- To the pan of reserved fond, add the **demi-glaze** (carefully, as the liquid may splatter), **mustard**, **sugar**, and $\frac{1}{4}$ **cup of water**. Cook, stirring occasionally, 2 to 3 minutes, or until the sauce is thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **mashed potatoes** and **cooked green beans**. Top the chicken with the **pan sauce**. Enjoy!



↺ CUSTOMIZED STEP 5 If you chose Steak

- Make the pan sauce 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 **mashed potatoes** and **cooked green beans**. 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.