

# Seared Chicken & Creamy Italian Dressing

with Mashed Potatoes & Glazed Vegetables

4 SERVINGS

35-45 MINS

 **Blue Apron**  
blueapron.com




## Ingredients

 4 Boneless, Skinless Chicken Breasts

 2 cloves Garlic

 1/4 cup Mascarpone Cheese

 1 Tbsp Sherry Vinegar

 1 1/4 lbs Potatoes

 1/2 lb Grape Tomatoes

 1/4 cup Mayonnaise

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

 2 Zucchini

 1/4 cup Grated Parmesan Cheese

 2 Tbsps Dijon Mustard



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



14 11 8

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



COOK ALONG WITH



"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients

- Fill a large 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 1 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 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 **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 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.



## 4 Make the dressing

- Meanwhile, in a bowl, whisk together the **mayonnaise**, **mustard**, **remaining Italian seasoning**, **half the parmesan**, **1 tablespoon of olive oil**, **2 teaspoons 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 **1 tablespoon 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.
- Add the **vinegar** (carefully, as the liquid may splatter). 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.