

Seared Chicken & Creamy Italian Dressing

with Mashed Potatoes & Glazed Vegetables

2 OR 4 SERVINGS

35-45 MINS

 **Blue Apron**

blueapron.com



Ingredients

 2 Boneless, Skinless Chicken Breasts or 4 for 4 servings

 1 Zucchini or 2 for 4 servings

 2 Tbsps Mascarpone Cheese or $\frac{1}{4}$ cup for 4 servings

 1 Tbsp Sherry Vinegar

 $\frac{3}{4}$ lb Potatoes or 1 $\frac{1}{2}$ lbs for 4 servings

 4 oz Grape Tomatoes or $\frac{1}{2}$ lb for 4 servings

 1 Tbsp Dijon Mustard or 2 Tbsps for 4 servings

 1 Tbsp Italian Seasoning¹

 2 cloves Garlic

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

 2 Tbsps Mayonnaise or $\frac{1}{4}$ cup for 4 servings

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

  SmartPoints[®] value per serving (as packaged)

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

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STANDARD RECIPE CUSTOMIZED

Scan these barcodes in your WW app to track SmartPoints. Wine is not included in SmartPoints calculations.

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

Hey, Chef! If you chose to increase the serving size for this recipe, look for specialized directions in italics in the steps below.

WW member? Try these WW pro-tips: 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 SmartPoints value per teaspoon) to coat your pan before heating.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Fill a medium pot or a large pot if you're cooking 4 servings $\frac{3}{4}$ 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 16 to 18 minutes or 17 to 19 minutes if you're cooking 4 servings, or until tender when pierced with a fork. Turn off the heat.
- Drain thoroughly; 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 or a large pan if you're cooking 4 servings (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, whisk together the **mayonnaise**, **mustard**, **remaining Italian seasoning**, **half the parmesan**, **2 teaspoons of olive oil**, **1 tablespoon of water** or **2 tablespoons of water** if you're cooking 4 servings, 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.
- 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.

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.

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