

# Za'atar Chicken Thighs & Mashed Potatoes

with Roasted Broccoli, Lemon & Feta

4 SERVINGS | 35-45 MINS



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

## Ingredients

### Customized ingredients



24 oz Boneless, Skinless Chicken Thighs 

### SWAPPED FOR:



4 Skin-On Salmon Fillets 



1 oz Sliced Roasted Red Peppers



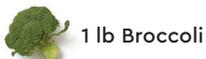
4 Tbsp Crème Fraîche



2 Tbsp Honey



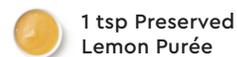
1 Red Onion



1 lb Broccoli



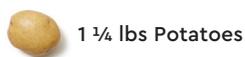
1 1/2 oz Feta Cheese



1 tsp Preserved Lemon Purée



1 Tbsp Za'atar Seasoning<sup>1</sup>



1 1/4 lbs Potatoes



2 cloves Garlic



1 oz Salted Butter



2 1/2 Tbsp Vegetable Demi-Glace

## Cook along on the app



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<sup>1</sup> Ground Sumac, Sesame Seeds, Salt, Ground Thyme, Whole Dried Oregano & Crushed Aleppo Pepper  
\*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- 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.
- Cut off and discard the bottom  $\frac{1}{2}$  inch of the **broccoli** stem; cut into small florets.
- Halve and peel the **onion**; cut into  $\frac{1}{2}$ -inch-wide wedges, separating the layers.
- Medium dice the **potatoes**.
- Peel **2 cloves of garlic**.
- Roughly chop the **peppers**.
- In a bowl, whisk together the **demi-glace**, **honey** (kneading the packet before opening), and  $\frac{1}{2}$  **cup of warm water**.
- To make the lemon dressing, in a separate, large bowl, whisk together the **lemon purée** and **1 tablespoon of olive oil** until smooth. Add the **chopped peppers** and **cheese** (crumbling before adding); season with salt and pepper. Stir to combine.



## 2 Roast & dress the vegetables

- Place the **broccoli florets** and **onion wedges** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 15 to 17 minutes, or until browned and tender when pierced with a fork.
- Carefully transfer to the bowl of **lemon dressing**; toss to coat. Taste, then season with salt and pepper if desired.



## 3 Cook & mash the potatoes

- Meanwhile, add the **diced potatoes** and **peeled garlic cloves** 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.



## Step 3 continued:

- Add the **crème fraîche** and a drizzle of **olive oil**; season with salt and pepper. Using a fork or potato masher, mash to your desired consistency.
- Taste, then season with salt and pepper if desired. Cover to keep warm.

## 4 Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **za'atar**.
- In a large 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 plate.



## ↻ CUSTOMIZED STEP 4 If you chose Salmon

- Pat the **fish** dry with paper towels; season on both sides with salt, pepper, and the **za'atar**.
- In a large pan, heat **1 tablespoon of olive oil** on medium until hot.
- Add the seasoned fish, skin side up. Loosely cover the pan with foil. Cook 3 to 5 minutes on the first side, or until lightly browned.
- Flip and cook 2 to 4 minutes, or until browned and cooked through.\*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

## 5 Make the pan sauce & serve your dish

- To the pan of reserved fond, add the **honey mixture** (carefully, as the liquid may splatter); season with salt and pepper. Cook on medium-high, stirring frequently and scraping up any fond, 2 to 3 minutes, or until slightly thickened.
- Turn off the heat; stir in the **butter** until melted and combined. Taste, then season with salt and pepper if desired.
- Serve the **cooked chicken** with the **mashed potatoes** and **dressed vegetables**. Top the chicken and potatoes with the **pan sauce**. Enjoy!



## ↻ CUSTOMIZED STEP 5 If you chose Salmon

- Make the pan sauce and serve your dish as directed with the **cooked fish** (instead of chicken).

\*The USDA recommends a minimum safe cooking temperature of 165°F for chicken and 145°F for fish.

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