

Greek Chicken & Carrots

with Sautéed Kale, Raisins & Feta Cheese

2 SERVINGS

35-45 MINS

 Blue Apron
blueapron.com



Ingredients

 2 Boneless, Skinless Chicken Breasts

 1 oz Sliced Roasted Red Peppers

 1 Lemon

 1 tsp Whole Dried Oregano

 $\frac{3}{4}$ lb Carrots

 2 cloves Garlic

 1 $\frac{1}{2}$ Tbsps Golden Raisins

 1 oz Pitted Niçoise Olives

 6 oz Kale

 1 $\frac{1}{2}$ oz Feta Cheese

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

 3 - 7 PersonalPoints™ range per serving

Now your Points value is personalized to YOU! It could be between 3-7 Points. Scan the barcode to see yours!


6 44216 10825 1 track PersonalPoints.
Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

To learn more about the (NEW!) WW PersonalPoints™ program, visit www.ww.com. The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

Learn more at blueapron.com/pages/wellness

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting PersonalPoints?** Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating. To learn more about WW's Points program, visit [ww.com](#).

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare & roast the carrots

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Line a sheet pan with foil.
- Peel the **carrots**; halve lengthwise, then cut crosswise into 1-inch pieces.
- Place on the sheet pan; drizzle with **olive oil** and season with salt, pepper, and the **oregano**. Toss to coat and arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork. Remove from the oven.



2 Prepare the remaining ingredients

- Meanwhile, separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Peel and roughly chop **2 cloves of garlic**.
- Halve the **lemon** crosswise; squeeze the juice into a bowl, straining out the seeds.
- Roughly chop the **peppers** and **olives**; combine in a bowl. Add a drizzle of **olive oil** and stir to coat.



3 Cook the chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- 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 Cook the kale & finish the vegetables

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped garlic**. Cook, stirring constantly, 30 second to 1 minute, or until slightly softened.
- Add the **chopped kale**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.
- Add the **raisins** and **1/4 cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until the kale is wilted and the water has cooked off.
- Turn off the heat. Add the **roasted carrots, cheese** (crumbling before adding), and **lemon juice**; stir to combine. Taste, then season with salt and pepper if desired.



5 Slice the chicken & serve your dish

- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** over the **finished vegetables**. Top the chicken with the **pepper-olive mixture**. Enjoy!



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).

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

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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