

# Fig-Balsamic Chicken

with Mashed Potatoes & Roasted Vegetables

4 SERVINGS

30-40 MINS

 **Blue Apron**  
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## Ingredients

Customized ingredients


 4 Boneless, Skinless Chicken Breasts 


SWAPPED FOR:


 4 Boneless, Center-Cut Pork Chops 


 1/4 cup Buttermilk

 2 Tbsp Fig Spread


 3/4 lb Carrots


 1 1/4 lbs Potatoes

 2 1/2 Tbsp Chicken Demi-Glace

 1 Tbsp Weeknight Hero Spice Blend<sup>1</sup>

 1/2 lb Red Cabbage

 1 oz Salted Butter

 2 Tbsp Balsamic Vinegar



Serve with Blue Apron wine that has this symbol  
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<sup>1</sup> Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley  
\*Ingredients may be replaced and quantities may vary.





"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients

- 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.
- Peel the **carrots**; halve lengthwise, then cut crosswise into 1-inch pieces.
- Cut out and discard the core of the **cabbage**; large dice the leaves.
- Medium dice the **potatoes**.



## 2 Roast the vegetables

- Line a sheet pan with foil.
- Place the **carrot pieces** and **diced cabbage** on the foil. Drizzle with **2 tablespoons of olive oil** and season with salt, pepper, and the **spice blend**; toss to coat. Arrange in an even layer.
- Roast 21 to 23 minutes, or until lightly browned and tender when pierced with a fork.
- Remove from the oven.



## 3 Cook & mash the potatoes

- Meanwhile, 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 **buttermilk** and **2 tablespoons 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 with salt and pepper on both sides.
- In a large pan, heat a drizzle 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 Pork

- Meanwhile, pat the **pork** dry with paper towels; season with salt and pepper on both sides.
- In a large pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned pork. Cook 4 to 6 minutes per side for medium (the center may still be slightly pink), 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 sauce

- To the pan of reserved fond, add the **vinegar**, **demi-glace**, **fig spread**, and  $\frac{1}{4}$  **cup of water** (carefully, as the liquid may splatter). Cook on medium-high, stirring frequently and scraping up any fond, 2 to 3 minutes, or until thoroughly combined.
- Turn off the heat and stir in the **butter** until melted and combined. Taste, then season with salt and pepper if desired.



## 6 Slice the chicken & serve your dish

- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **mashed potatoes** and **roasted vegetables**. Top the chicken and potatoes with the **sauce**. Enjoy!



### ↩ CUSTOMIZED STEP 6 If you chose Pork

- Follow the directions in Step 6, using the **cooked pork** (instead of chicken).

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

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](https://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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