

# Fig-Balsamic Chicken

with Mashed Potatoes & Roasted Vegetables

2 SERVINGS

30-40 MINS

 **Blue Apron**  
blueapron.com



## Ingredients

 2 Boneless, Skinless Chicken Breasts

 6 oz Green Beans

 1 Tbsp Fig Spread

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

 6 oz Carrots

 2 Tbsps Mascarpone Cheese

 2 ½ Tbsps Chicken Demi-Glace

 ¾ lb Potatoes

 1 oz Salted Butter

 2 Tbsps Balsamic Vinegar



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

## Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

<sup>1</sup>. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



"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 off and discard any stem ends from the **green beans**; cut crosswise into 1-inch pieces. Place in a large bowl; drizzle with **olive oil** and season with salt, pepper, and **half the spice blend**. Toss to coat.
- Medium dice the **potatoes**.



## 2 Roast the vegetables

- Line a sheet pan with foil.
- Place the **carrot pieces** on the foil. Drizzle with **olive oil** and season with salt, pepper, and the **remaining spice blend**; toss to coat. Arrange in an even layer on one side of the sheet pan.
- Roast 6 minutes. Leaving the oven on, remove from the oven.
- Carefully add the **seasoned green beans** in an even layer to the sheet pan of **partially roasted carrots**.
- Return to the oven and roast 10 to 12 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 16 to 18 minutes, or until tender when pierced with a fork. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **mascarpone** 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 medium pan (nonstick, if you have one), 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.



## 5 Make the pan 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; whisk 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 **pan sauce**. 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](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.

Blue Apron, LLC, New York, NY 10005

[f](#) [t](#) [@](#) Share your photos with #blueapron

