

Pan-Seared Chicken & Mashed Potatoes

with Calabrian-Brown Sugar Pan Sauce

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**

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Ingredients

Customized ingredients

 2 Boneless, Skinless Chicken Breasts 

SWAPPED FOR:

 2 Boneless, Center-Cut Pork Chops 

 ¼ cup Grated Parmesan Cheese

 1 Tbsp Light Brown Sugar

 ¾ lb Potatoes

 2 cloves Garlic

 ¼ cup Sour Cream

 6 oz Green Beans

 1 oz Salted Butter

 1 ½ tps Calabrian Chile Paste

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*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

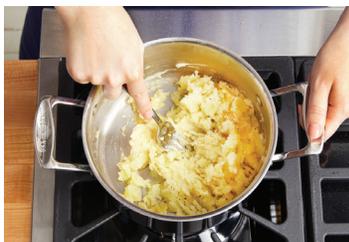
1 Prepare the ingredients & start the sauce

- 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.
- Medium dice the **potatoes**.
- Peel and roughly chop **2 cloves of garlic**.
- Cut off and discard any stem ends from the **green beans**.
- In a bowl, whisk together the **sugar**, $\frac{1}{4}$ **cup of water**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be.



2 Cook & mash the potatoes

- Add the **diced potatoes** and **half the chopped garlic** 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 **sour cream** and **2 teaspoons 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.



3 Cook the green beans

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **green beans** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper.
- Add the **remaining chopped garlic** and **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 2 to 3 minutes, or until the green beans are softened and the water has cooked off.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



4 Cook the chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- In the same 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 plate.



↻ CUSTOMIZED STEP 4 *If you chose Pork*

- Pat the **pork** dry with paper towels; season with salt and pepper on both sides.
- In the same 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 cooked to your desired degree of doneness.*
- Leaving any browned bits (or fond) in the pan, transfer to a plate and let rest at least 5 minutes.

5 Finish the sauce & serve your dish

- To the pan of reserved fond, add the **sauce** (carefully, as the liquid may splatter). Cook on medium-high, stirring constantly 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 **cooked green beans**. Top the chicken with the **finished sauce**. Garnish the potatoes with the **cheese**. Enjoy!



↻ CUSTOMIZED STEP 5 *If you chose Pork*

- Finish the sauce and serve your dish as directed with 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 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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