

Seared Chicken & Creamy Italian Dressing

with Mashed Potatoes & Glazed Vegetables

4 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
blueapron.com



🔗 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an 🔄 icon) and instructions tailored to you.*

Ingredients


Customized ingredients


 4 Boneless, Skinless Chicken Breasts 🔄

SWAPPED FOR:

 4 Flank Steaks 🔄

 ¼ cup Grated Parmesan Cheese

 2 Tbsps Dijon Mustard


 1 ¼ lbs Potatoes

 2 cloves Garlic

 ¼ cup Mascarpone Cheese

 1 Tbsp Sherry Vinegar

 2 Zucchini

 ½ lb Grape Tomatoes

 ¼ cup Mayonnaise

 1 Tbsp Italian Seasoning¹



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



8 - 14

PersonalPoints®
range per serving

Now your Points value is personalized to YOU! It could be between 8-14 Points. Scan the barcode to see yours!



Scan this barcode in your WW app to 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.

If you customized this recipe, your PersonalPoints may differ from what's above.

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1. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram
*Ingredients may be replaced and quantities may vary.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Fill a large 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**.
- Quarter the **zucchini** lengthwise, then cut crosswise into 1-inch pieces.
- Peel **2 cloves of garlic**. Roughly chop 1 clove. Using a zester or the small side of a box grater, finely grate the remaining clove into a paste.
- Halve the **tomatoes**. Place in a bowl; add the **chopped garlic**. Season with salt and pepper; stir to combine.



2 Cook & mash the potatoes

- 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 **mascarpone**. 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 chicken

- Meanwhile, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and **half the Italian seasoning**.
- In a large 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.



↩ CUSTOMIZED STEP 3 If you chose Steak

- Meanwhile, pat the **steaks** dry with paper towels; season on both sides with salt, pepper, and **half the Italian seasoning**.
- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.

Customized Step 3 continued:

- Add the seasoned steaks. Cook 2 to 4 minutes per side for medium-rare (125°F), 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.

4 Make the dressing

- Meanwhile, in a bowl, combine the **mayonnaise**, **mustard**, **remaining Italian seasoning**, **half the parmesan**, **1 tablespoon of olive oil**, **2 teaspoons of water**, and **as much of the garlic paste as you'd like**; season with salt and pepper.



5 Cook & glaze the vegetables

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **zucchini pieces** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper. Continue to cook, stirring frequently, 2 to 3 minutes, or until slightly softened.
- Add the **seasoned tomatoes**. Cook, stirring occasionally, 1 to 2 minutes, or until softened.
- Add the **vinegar** (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until the vegetables are coated and most of the liquid has cooked off.
- Turn off the heat.



6 Slice the chicken & serve your dish

- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **glazed vegetables** and **mashed potatoes**. Top the chicken with the **dressing**. Garnish the vegetables with the **remaining parmesan**. Enjoy!



↩ CUSTOMIZED STEP 6 If you chose Steak

- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks** with the **glazed vegetables** and **mashed potatoes**. Top the steaks with the **dressing**. Garnish the vegetables with the **remaining parmesan**. Enjoy!

*The USDA recommends a minimum safe cooking temperature of 165°F for chicken and 145°F for steak. Cook the steaks an additional 2 to 3 minutes to achieve this. Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.

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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