

Balsamic Chicken & Asparagus

with Parmesan Mashed Potatoes

4 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
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Ingredients


 4 Boneless, Skinless Chicken Breasts


 2 cloves Garlic

 ¼ cup Grated Parmesan Cheese


 1 Tbsp Light Brown Sugar


 ¼ tsp Crushed Red Pepper Flakes


 1 ¼ lbs Potatoes


 1 Shallot


 2 Tbsps Soy Sauce

 ¼ cup Sliced Roasted Almonds

 ¾ lb Asparagus

 2 oz Salted Butter

 ¼ cup Balsamic Vinegar

 1 Tbsp Weeknight Hero Spice Blend¹



Serve with Blue Apron wine that has this symbol
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¹. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



"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**.
- Snap off and discard the tough, woody stem ends of the **asparagus**; halve crosswise.
- Peel and roughly chop **2 cloves of garlic**.
- Peel and finely chop the **shallot**.
- In a bowl, combine the **vinegar, soy sauce, sugar**, and $\frac{1}{4}$ cup of **water**; season with salt and pepper.



2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water and cook 17 to 19 minutes, or until tender when pierced with fork. Turn off the heat.
- Drain thoroughly and return to the pot. Add **half the butter** and **half the cheese**; 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.



3 Cook & finish the asparagus

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **halved asparagus**. Cook, stirring occasionally, 5 to 6 minutes, or until lightly browned and slightly softened.
- Add the **chopped garlic** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 1 to 2 minutes, or until combined and the asparagus is tender when pierced with a fork.
- Transfer to a bowl; add the **almonds** and stir to combine. 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 on both sides with salt, pepper, and the **spice blend**.
- 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 cutting board.



5 Finish the sauce & serve your dish

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped shallot**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the **sauce** (carefully, as the liquid may splatter). Cook, stirring occasionally and scraping up any fond, 2 to 3 minutes, or until slightly thickened.
- Turn off the heat. Stir in the **remaining butter** until melted and combined. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **mashed potatoes** and **finished asparagus**. Top the chicken with the **finished sauce**. Garnish the asparagus with the **remaining cheese**. 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

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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