

Balsamic Chicken & Asparagus

with Parmesan Mashed Potatoes


2 OR 4 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
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Ingredients


 2 Boneless, Skinless Chicken Breasts or 4 for 4 servings

 2 cloves Garlic


 ¼ cup Grated Parmesan Cheese


 2 Tbsps Balsamic Vinegar or ¼ cup for 4 servings


 1 Tbsp Weeknight Hero Spice Blend¹


 6 oz Asparagus or ¾ lb for 4 servings


 1 Shallot


 1 oz Salted Butter or 2 oz for 4 servings

 2 Tbsps Sliced Roasted Almonds or ¼ cup for 4 servings

 ¾ lb Potatoes or 1 ½ lbs for 4 servings

 1 Tbsp Light Brown Sugar

 1 Tbsp Soy Sauce or 2 Tbsps for 4 servings

 ¼ tsp Crushed Red Pepper Flakes



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

COOK ALONG WITH



"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 2 tablespoons of water** or *$\frac{1}{4}$ cup of water if you're cooking 4 servings*; season with salt and pepper.



2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water. Cook 16 to 18 minutes or *17 to 19 minutes if you're cooking 4 servings*, 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 medium pan or a large pan if you're cooking 4 servings (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.



Step 3 continued:

- 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 enough of the **spice blend** to coat (you may have extra).
- 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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