

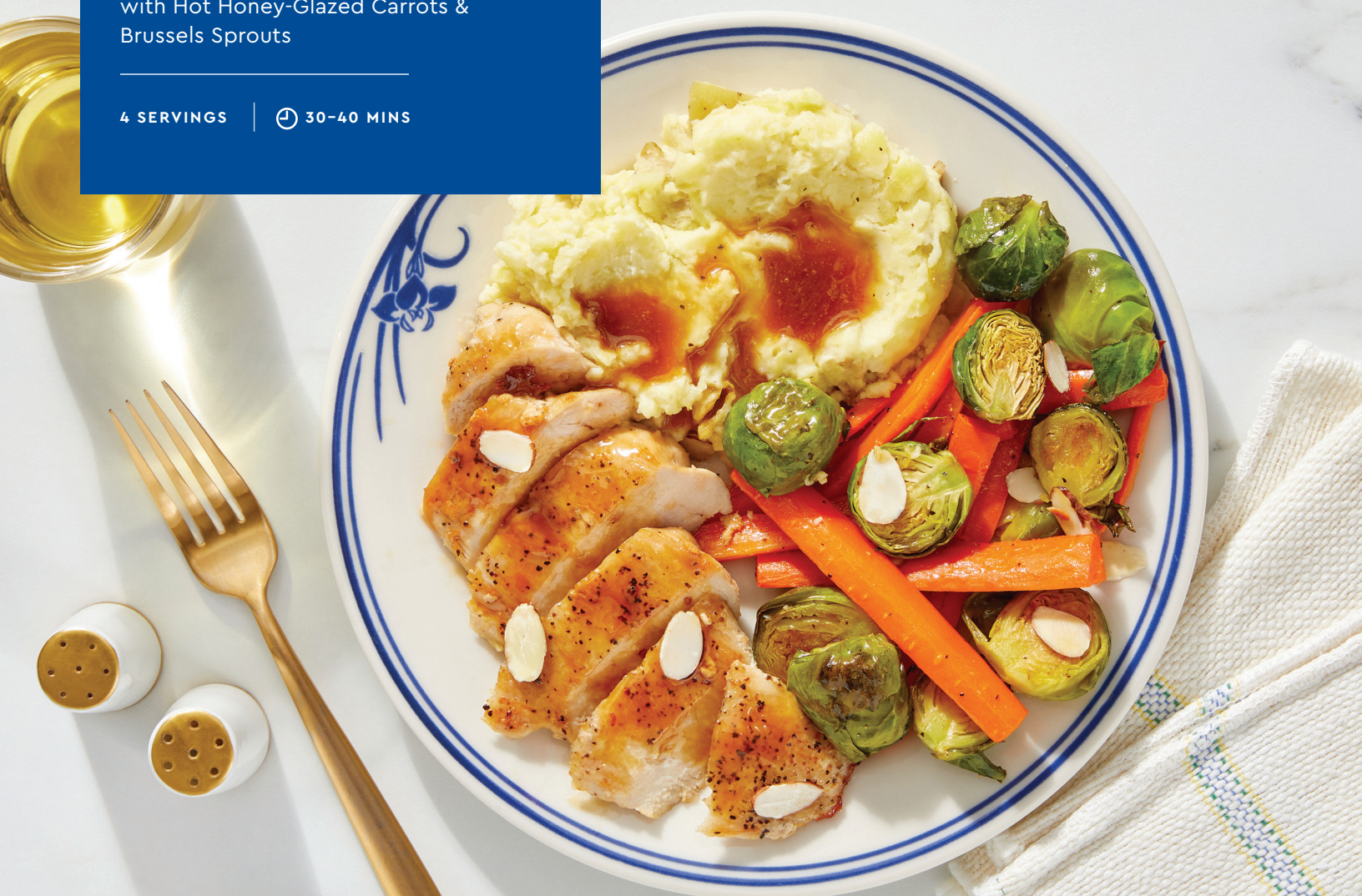
# Seared Chicken & Sherry Pan Sauce

with Hot Honey-Glazed Carrots & Brussels Sprouts

4 SERVINGS

30-40 MINS

 **Blue Apron**  
blueapron.com



 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at [blueapron.com](https://blueapron.com) for ingredients (denoted with an ) and instructions tailored to you.\*


## Ingredients

Customized ingredients

 4 Boneless, Skinless Chicken Breasts 

SWAPPED FOR:

 4 Boneless, Center-Cut Pork Chops 


 2 oz Salted Butter

 1/4 tsp Crushed Red Pepper Flakes


 3/4 lb Carrots

 1 1/4 lbs Potatoes

 4 tsps Honey

 2 Tbsps Sliced Roasted Almonds

 1 lb Brussels Sprouts

 1/2 cup Cream

 2 Tbsps Sherry 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.

\*Ingredients may be replaced and quantities may vary.





"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients

- Remove the **honey** from the refrigerator to bring to room temperature.
- 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 crosswise, then quarter lengthwise.
- Medium dice the **potatoes**.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.



## 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 **cream**. 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 Roast & glaze the vegetables

- Meanwhile, in a large bowl, combine the **half the honey** (kneading the packet before opening) and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be.
- Place the **carrot pieces** and **halved brussels sprouts** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 17 to 19 minutes, or until lightly browned and tender when pierced with a fork.
- Carefully transfer to the bowl of **hot honey**; stir to coat. Taste, then season with salt and pepper if desired. Cover with foil 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 large 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.



### ↩ CUSTOMIZED STEP 4 If you chose Pork

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

## 5 Make the pan sauce

- Add the **remaining honey** and **vinegar** to the pan of reserved fond (carefully, as the liquid may splatter). Cook on medium-high, stirring constantly and scraping up any fond, 30 seconds to 1 minute, or until thoroughly combined.
- Turn off the heat. Stir 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 **glazed vegetables**. Top the chicken and potatoes with the **pan sauce**. Garnish with the **almonds**. Enjoy!



### ↩ CUSTOMIZED STEP 6 If you chose Pork

- Follow the directions in Step 6, using 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](https://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. Food safety handling information: [blog.blueapron.com/foodsafety](https://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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