

Seared Chicken & Sherry Pan Sauce

with Hot Honey-Glazed Carrots & Brussels Sprouts


2 OR 4 SERVINGS


⌚ 30-40 MINS


 **Blue Apron**
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Ingredients


 2 Boneless, Skinless Chicken Breasts or 4 for 4 servings


 ½ lb Brussels Sprouts or 1 lb for 4 servings


 1 Tbsp Sherry Vinegar or 2 Tbsps for 4 servings

 2 Tbsps Sliced Roasted Almonds


 ¾ lb Potatoes or 1 ½ lbs for 4 servings

 1 oz Salted Butter or 2 oz for 4 servings

 4 tsps Honey

 6 oz Carrots or ¾ lb for 4 servings

 ¼ cup Cream or ½ cup for 4 servings

 ¼ tsp Crushed Red Pepper Flakes



Serve with Blue Apron wine that has this symbol
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COOK ALONG WITH



"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 and cook 16 to 18 minutes or *17 to 19 minutes if you're cooking 4 servings*, 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, 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 **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 15 to 17 minutes or *17 to 19 minutes if you're cooking 4 servings*, 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 medium pan or a large pan *if you're cooking 4 servings*, 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 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!



*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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