

# Sweet & Spicy Chicken

with Sesame-Roasted Potatoes & Kale

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 Flank Steaks 

 2 Tbsps Crème Fraîche

 1 Tbsp Sesame Oil

 1 ¼ lbs Potatoes

 2 Scallions

 ⅓ cup Savory Black Bean-Chile Sauce

 1 tsp Black & White Sesame Seeds

 ¾ lb Kale

 3 Tbsps Asian-Style Sautéed Aromatics

 2 Tbsps Rice Vinegar

 Serve with Blue Apron wine that has this symbol [blueapron.com/wine](https://blueapron.com/wine)

## Cook along on the app

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\*Ingredients may be replaced and quantities may vary.





"Alexa, find Blue Apron recipes."

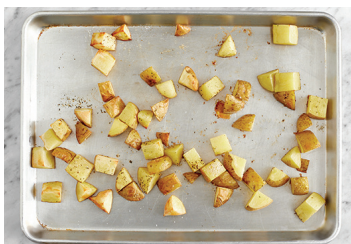
## 1 Prepare the ingredients

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Large dice the **potatoes**.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.



## 2 Roast the potatoes

- Place the **diced potatoes** on a sheet pan; drizzle with the **sesame oil** and with salt and pepper. Toss to coat; arrange in an even layer.
- Roast 24 to 26 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



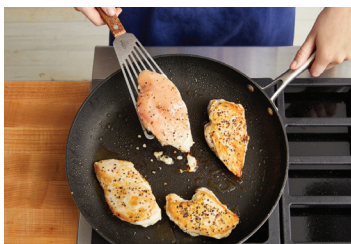
## 3 Cook the kale

- Meanwhile, in a large pan (nonstick, if you have one), heat the **sautéed aromatics** on medium-high until hot.
- Add the **chopped kale** and **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until slightly wilted.
- Add **½ cup of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 3 to 4 minutes, or until the kale is wilted and the water has cooked off.
- Transfer to a bowl and cover with foil to keep warm.
- Wipe out the pan.



## 4 Cook the chicken

- Pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- 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.



## CUSTOMIZED STEP 4 If you chose Flank Steaks

- Pat the **steaks** dry with paper towels; season with salt and pepper on both sides.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook 3 to 5 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 and let rest at least 5 minutes.

## 5 Make the pan sauce & serve your dish

- To the pan of reserved fond, add the **vinegar** (carefully, as the liquid may splatter), **black bean-chile sauce**, and **¼ cup of water**. Cook on medium-high, stirring frequently and scraping up any fond, 1 to 3 minutes, or until slightly thickened.
- Turn off the heat; stir in the **crème fraîche** until combined. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **cooked kale** and **roasted potatoes**. Top the chicken with the **pan sauce**. Garnish with the **sliced green tops of the scallions** and **sesame seeds**. Enjoy!



## CUSTOMIZED STEP 5 If you chose Flank Steaks

- Make the pan sauce as directed in Step 5.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.
- Serve the **sliced steaks** with the **cooked kale** and **roasted potatoes**. Top the steaks with the **pan sauce**. Garnish with the **sliced green tops of the scallions** and **sesame seeds**. 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](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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