

Lemon & Garlic-Butter Chicken

with Roasted Broccoli & Mashed Potatoes

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
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🔗 IF YOU CHOSE A CUSTOMIZED OPTION, visit the Current tab in the Blue Apron app or at blueapron.com for ingredients (denoted with an 🍷 icon) and instructions tailored to you.*

Ingredients

Customized ingredients


 2 Boneless, Skinless Chicken Breasts 🍷

SWAPPED FOR:


 2 Steaks 🍷


 1 Lemon


 1 tsp Whole Dried Oregano

 ¾ lb Potatoes


 2 cloves Garlic

 1 oz Salted Butter

 ¼ tsp Crushed Red Pepper Flakes

 ½ lb Broccoli

 1 Tbsp Capers

 ¼ cup Labneh Cheese

 1 Tbsp Weeknight Hero Spice Blend¹

 Serve with Blue Apron wine that has this symbol
blueapron.com/wine

Cook along on the app



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¹ Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
*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.
- 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**.
- Cut off and discard the bottom $\frac{1}{2}$ inch of the **broccoli** stem; cut the broccoli into small florets.
- Peel and roughly chop **2 cloves of garlic**.
- Roughly chop the **capers**.
- Halve the **lemon** crosswise; squeeze the juice into a bowl, straining out the seeds.



2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water and cook 16 to 18 minutes, or until tender when pierced with a fork. Turn off the heat.
- Drain thoroughly and return to the pot. Add the **labneh**. 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 the broccoli

- Meanwhile, line a sheet pan with foil.
- Place the **broccoli florets** on the foil. Drizzle with **olive oil** and season with salt, pepper, and the **spice blend**; toss to thoroughly coat. Arrange in an even layer.
- Roast 14 to 16 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



4 Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **oregano**.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.



Step 4 continued:

- 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 Steaks

- Meanwhile, pat the **steaks** dry with paper towels; season on all sides with salt, pepper, and the **oregano**.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned steaks. Cook, turning occasionally, 8 to 10 minutes 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

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped garlic**, **chopped capers**, 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 constantly, 30 seconds to 1 minute, or until slightly softened.
- Add the **lemon juice** (carefully, as the liquid may splatter). Cook, stirring frequently and scraping up any fond, 1 to 2 minutes, or until slightly thickened.
- Turn off the heat; stir in the **butter** until melted and combined.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **mashed potatoes** and **roasted broccoli**. Top the chicken with the **pan sauce**. Enjoy!



CUSTOMIZED STEP 5 If you chose 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 **mashed potatoes** and **roasted broccoli**. Top the steaks with the **pan sauce**. 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 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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