

# Tamarind-Honey Chicken Breasts

with Carrots & Mashed Potatoes

2 SERVINGS

⌚ 30-40 MINS


 **Blue Apron**  
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## Ingredients\*


 2 Boneless, Skinless Chicken Breasts


 2 Scallions

 2 tsp Tamarind Paste

 3/4 lb Carrots

 1 Tbsp Sweet White Miso Paste

 1 oz Salted Butter

 3/4 lb Potatoes

 4 tsp Honey

 1 Tbsp Weeknight Hero Spice Blend<sup>1</sup>



Serve with Blue Apron wine that has this symbol  
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<sup>1</sup> 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 & start the sauce

- 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.
- Medium dice the **potatoes**.
- Peel the **carrots**; halve crosswise, then quarter lengthwise.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- In a bowl, whisk together the **miso paste**, **honey** (kneading the packet before opening), **tamarind paste**, and  $\frac{1}{4}$  cup of water.



## 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 **half the butter** and **1 tablespoon of olive oil**; 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. Cover to keep warm.



## 3 Roast the carrots

- Meanwhile, line a sheet pan with foil.
- Place the **carrot pieces** on the foil. Drizzle with **olive oil** and season with salt, pepper, and **up to half the spice blend**; toss to coat. Arrange in an even layer.
- Roast 15 to 17 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 enough of the **remaining spice blend** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), 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 **sliced white bottoms of the scallions**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until softened.
- Add the **sauce** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the sauce is 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 **roasted carrots**. Top the chicken with the **finished sauce**. Garnish with the **sliced green tops of the scallions**. Enjoy!



\*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.

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Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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