

Balsamic-Dijon Chicken

with Mashed Potatoes & Sautéed Veggies

4 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
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Ingredients*


 4 Boneless, Skinless Chicken Breasts


 ¾ lb Carrots


 2 ½ Tbsps Chicken Demi-Glaze

 4 tsp Honey


 1 ¼ lbs Potatoes

 ¾ lb Green Beans


 2 Tbsps Balsamic Vinegar

 2 Tbsps Sliced Roasted Almonds

 2 cloves Garlic

 2 oz Salted Butter

 1 Tbsp Dijon Mustard

 1 tsp Whole Dried Oregano



Serve with Blue Apron wine that has this symbol
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*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & make the sauce

- Remove the **honey** from the refrigerator to bring to room temperature.
- 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 any stem ends from the **green beans**; halve crosswise.
- Peel the **carrots**; quarter lengthwise, then cut crosswise into 2-inch pieces.
- Peel and roughly chop **2 cloves of garlic**.
- In a bowl, whisk together the **honey** (kneading the packet before opening), **mustard**, and **vinegar**; season with salt and pepper.



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 **butter**; 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 Cook the vegetables

- Meanwhile, in a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until melted.
- Add the **halved green beans** and **carrot pieces**; season with salt and pepper. Cook, stirring occasionally, 5 to 6 minutes, or until slightly softened.
- Add the **chopped garlic**. Cook, stirring occasionally, 1 to 2 minutes, or until the vegetables are lightly browned.
- Add the **demi-glace** (carefully, as the liquid may splatter) and $\frac{1}{4}$ **cup of water**. Season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until the vegetables are softened and the liquid has cooked off.
- Transfer to a bowl. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Rinse and wipe out the pan.



4 Cook the chicken & serve your dish

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **oregano**.
- 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.*
- Transfer to a cutting board. When cool enough to handle, slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **mashed potatoes** and **cooked vegetables**. Top the chicken and potatoes with the **sauce**. Garnish with the **almonds**. Enjoy!



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

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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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