

Balsamic Chicken & Mashed Potatoes

with Roasted Brussels Sprouts

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**
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Ingredients*


 2 Boneless, Skinless Chicken Breasts


 2 cloves Garlic


 3 Tbsps Soy Glaze

 ½ lb Brussels Sprouts

 2 Tbsps Mascarpone Cheese

 2 Tbsps Balsamic Vinegar

 ¾ lb Potatoes

 1 oz Salted Butter



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 & start the glaze

- 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.
- Cut off and discard the stem ends of the **brussels sprouts**; halve lengthwise.
- Medium dice the **potatoes**.
- Peel **2 cloves of garlic**; using the flat side of your knife, smash each clove once.
- In a bowl, combine the **soy glaze**, **vinegar**, and $\frac{1}{4}$ cup of water.



2 Roast the brussels sprouts

- Line a sheet pan with foil.
- Place the **halved brussels sprouts** on the foil. Drizzle with **olive oil** and season with salt and pepper; toss to 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.



3 Cook & mash the potatoes

- Meanwhile, add the **diced potatoes** and **smashed garlic cloves** to the pot of boiling water. 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 **butter** and **mascarpone**. Using a fork or potato masher, mash to your desired consistency.
- Taste, then season with salt and pepper if desired.



4 Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels. Season with salt and pepper on both sides.
- 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 glaze & serve your dish

- Add the **glaze** to the pan of reserved fond (carefully, as the liquid may splatter). Cook on medium-high, stirring frequently and scraping up any fond, 2 to 3 minutes, or until thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **mashed potatoes** and **roasted brussels sprouts**. Top the chicken and potatoes with the **finished glaze**. 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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