

# Seared Chicken & Sour Cherry Pan Sauce

with Roasted Vegetables

2 SERVINGS

35-45 MINS

 **Blue Apron**  
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## Ingredients\*

 2 Boneless, Skinless Chicken Breasts

 ¾ lb Potatoes

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

 1 Delicata Squash

 1 oz Salted Butter

 1 Red Onion

 1 Tbsp Sour Cherry Spread



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



**6-12** PersonalPoints<sup>™</sup> range per serving

Now your Points value is personalized to YOU! It could be between 6-12 Points. Scan the barcode to see yours!



Scan this barcode in your WW app to track PersonalPoints. Wine is not included in PersonalPoints as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating.

To learn more about the (NEW!) WW PersonalPoints<sup>™</sup> program, visit [www.ww.com](https://www.ww.com). The WW logo, PersonalPoints and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley  
\*Ingredients may be replaced and quantities may vary.

**Hey, Chef!** Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. **Counting PersonalPoints?** Choose nonstick cooking spray (0 PersonalPoints) instead of olive oil (1 PersonalPoint per teaspoon) to coat your pan before heating. To learn more about WW's Points program, visit [ww.com](http://ww.com).

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

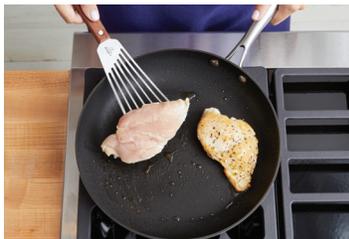
## 1 Prepare & roast the vegetables

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Cut off and discard the ends of the **squash**. Halve lengthwise; using a spoon, scoop out and discard the pulp and seeds. Cut the squash crosswise into ¼-inch pieces.
- Medium dice the **potatoes**.
- Halve and peel the **onion**; cut into 2-inch-wide wedges.
- Place the vegetables on a sheet pan. Drizzle with **1 teaspoon of olive oil** and season with salt, pepper, and the **spice blend**; toss to coat. Arrange in an even layer.
- Roast 27 to 29 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



## 2 Cook the chicken

- Once the vegetables have roasted about 10 minutes, 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 **1 teaspoon 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.



## 3 Start the sauce

- Meanwhile, in a bowl, combine the **sour cherry spread** and **¼ cup of water**. Season with salt and pepper.



## 4 Finish the sauce & serve your dish

- Heat the pan of reserved fond on medium-high until hot.
- Add the **sauce** (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. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **roasted vegetables**. Top the chicken with the **finished sauce**. Enjoy!



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

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at [blueapron.com](http://blueapron.com) or in the Blue Apron app, then click on VIEW FULL NUTRITION. If you purchased this recipe outside of [blueapron.com](http://blueapron.com), nutrition information can be found on the retailer's product page. | Food safety handling information: [blog.blueapron.com/foodsafety](http://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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