

Pan-Seared Chicken & Mashed Potatoes

with Calabrian-Brown Sugar Pan Sauce

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
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Ingredients*


Customized ingredients


 2 Boneless, Skinless Chicken Breasts 

SWAPPED FOR:

 2 Steaks 

or


 2 Boneless, Center-Cut Pork Chops 


 1 ½ tps Calabrian Chile Paste


 2 cloves Garlic

 1 Zucchini

 ¼ cup Grated Parmesan Cheese

 1 Tbsp Light Brown Sugar

 ¾ lb Potatoes

 1 oz Salted Butter

 ¼ cup Sour Cream



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 sauce

- 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 the **zucchini** into 1-inch rounds.
- Peel and roughly chop **2 cloves of garlic**.
- Medium dice the **potatoes**.
- In a bowl, whisk together the **sugar**, $\frac{1}{4}$ **cup of water**, and **as much of the chile paste as you'd like**, depending on how spicy you'd like the dish to be.



2 Make the parmesan-crusted zucchini

- Line a sheet pan with foil.
- Place the **zucchini rounds** on the foil. Drizzle with **olive oil** and season with salt and pepper. Toss to coat; arrange in an even layer.
- Evenly top with the **chopped garlic** and **cheese**.
- Roast, rotating the sheet pan halfway through, 20 to 22 minutes, or until the cheese is lightly browned and the zucchini is tender when pierced with a fork.
- Remove from the oven.



3 Cook & mash the potatoes

- Meanwhile, add the **diced potatoes** 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 **sour cream** and a drizzle 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.



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.



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 with salt and pepper on all sides.
- 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.

If you chose Pork

- Meanwhile, pat the **pork** 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 pork. Cook 4 to 6 minutes per side for medium (the center may still be slightly pink), 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 Finish the sauce & serve your dish

- To the pan of reserved fond, add the **sauce** (carefully, as the liquid may splatter). Cook on medium-high, stirring constantly and scraping up any fond, 2 to 3 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 **mashed potatoes** and **parmesan-crusted zucchini**. Top the chicken with the **finished sauce**. Enjoy!



CUSTOMIZED STEP 5

If you chose Steaks

- Finish the 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 **parmesan-crusted zucchini**. Top the steaks with the **finished sauce**. Enjoy!

If you chose Pork

- Finish the sauce and serve your dish as directed, using the **rested pork** (instead of chicken).

*The USDA recommends a minimum safe cooking temperature of 165°F for chicken and 145°F for steak and pork. 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.

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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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