

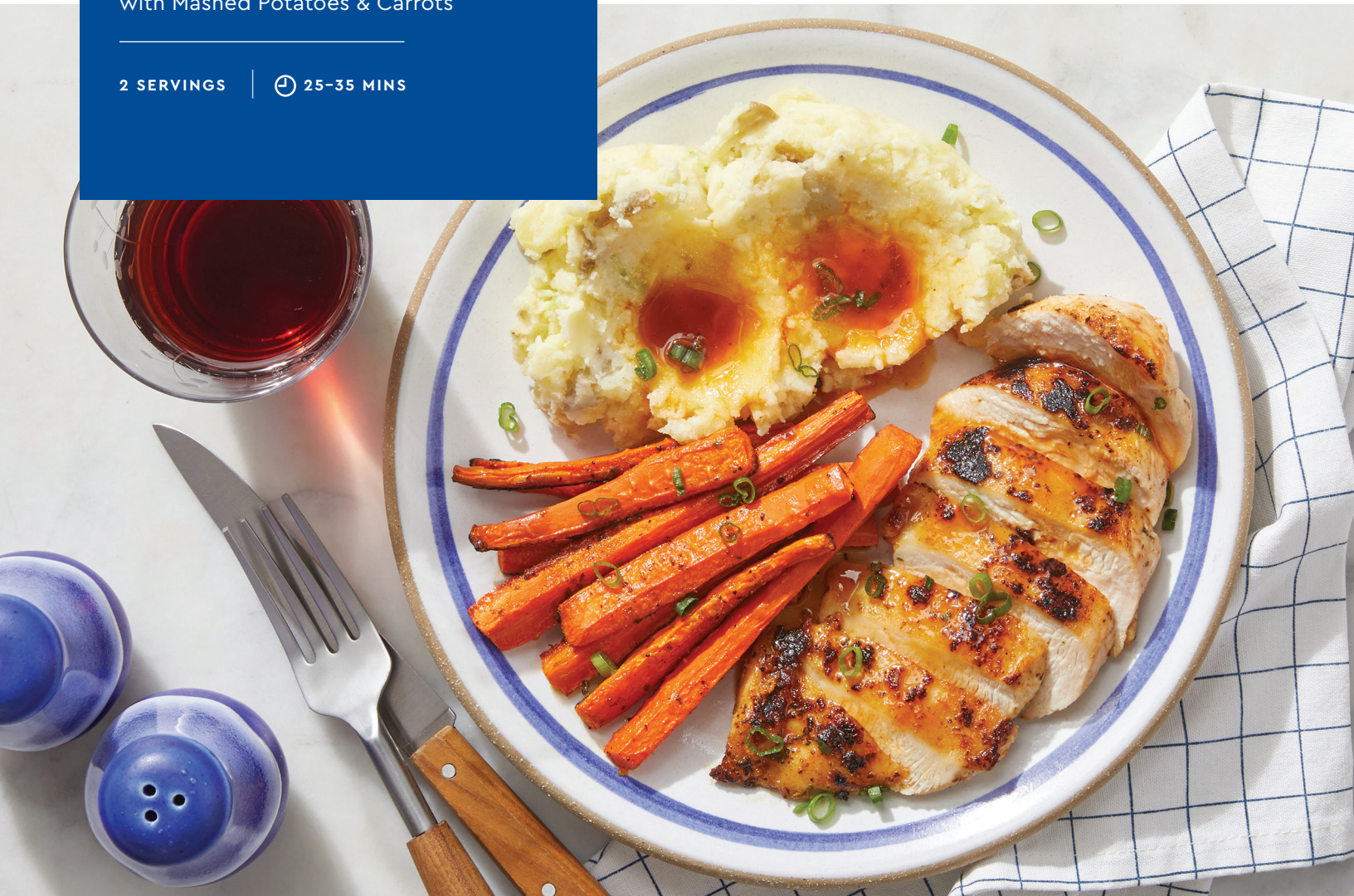
# Hot Honey Chicken

with Mashed Potatoes & Carrots

2 SERVINGS

⌚ 25-35 MINS

 **Blue Apron**  
blueapron.com




## Ingredients\*


Customized ingredients

 2 Boneless, Skinless Chicken Breasts 


SWAPPED FOR:

 2 Skin-On Salmon Fillets 

 ¾ lb Potatoes

 ¾ lb Carrots

 2 Scallions

 1 oz Salted Butter

 ¼ cup Sour Cream

 1 Tbsp Hot Sauce

 2 tsps Honey

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



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



**12** Points<sup>®</sup> value per serving



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

If you customized this recipe, your Points may differ from what's above.

To learn more about the (NEW!) WW Points<sup>™</sup> program, visit [www.ww.com](https://www.ww.com). The WW logo, Points 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.



COOK ALONG WITH



"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**.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Peel the **carrots**; halve crosswise, then quarter lengthwise.
- In a bowl, combine the **honey** (kneading the packet before opening), **2 tablespoons of water**, and **as much of the hot sauce as you'd like**, depending on how spicy you'd like the dish to be.



## 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 the **sour cream** and **sliced white bottoms of the scallions**. Using a fork, mash to your desired consistency.
- Taste, then season with salt and pepper if desired. Cover to keep warm.



## 3 Roast the carrots

- Meanwhile, place the **carrot pieces** on a sheet pan. Drizzle with **olive oil** and season with salt, pepper, and **half the spice blend**; toss to coat. Arrange in an even layer.
- Roast 15 to 17 minutes, or until lightly 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 the **remaining spice blend**.
- 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.



### ↺ CUSTOMIZED STEP 4 If you chose Salmon

- Meanwhile, pat the **fish** dry with paper towels; season on both sides with salt and pepper. Season only on the skinless side with the **remaining spice blend**.
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned fish, skin side down. Cook 5 to 7 minutes, or until the skin is browned and crispy. Flip and cook 1 to 2 minutes, or until lightly browned and cooked through.\*
- Leaving any browned bits (or fond) in the pan, transfer to a plate.

## 5 Finish the sauce

- Add the **sauce** to the pan of reserved fond (carefully, as the liquid may splatter). Cook on medium-high, stirring constantly and scraping up any fond, 1 to 2 minutes, or until thoroughly combined.
- Turn off the heat. Stir in the **butter** until melted and combined. Taste, then season with salt and pepper if desired.



## 6 Slice the chicken & serve your dish

- 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!



### ↺ CUSTOMIZED STEP 6 If you chose Salmon

- Serve the **cooked fish** with the **mashed potatoes** and **roasted carrots**. Top the fish 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 and 145°F fish.

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.

Blue Apron, LLC, New York, NY 10005

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