

Seared Chicken & Creamy Italian Dressing

with Mashed Potatoes & Glazed Vegetables

4 SERVINGS

⌚ 35-45 MINS


 **Blue Apron**
blueapron.com




Ingredients*

 4 Boneless, Skinless Chicken Breasts

 2 cloves Garlic

 2 Zucchini

 1 ¾ lbs Potatoes

 ½ lb Grape Tomatoes

 ¾ cup Grated Parmesan Cheese

 ¾ cup Mascarpone Cheese

 1 Tbsp Sherry Vinegar

 ¼ cup Mayonnaise

 2 Tbsps Dijon Mustard

 1 Tbsp Italian Seasoning¹



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



11 Points[®] 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 Points™ value per teaspoon) to coat your pan before heating.

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1. Whole Dried Basil, Sage, Oregano, Savory, Rosemary, Thyme & Marjoram
*Ingredients may be replaced and quantities may vary.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients

- Fill a large 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**.
- Quarter the **zucchini** lengthwise, then cut crosswise into 1-inch pieces.
- Peel **2 cloves of garlic**. Roughly chop 1 clove. Using a zester or the small side of a box grater, finely grate the remaining clove into a paste.
- Halve the **tomatoes**. Place in a bowl; add the **chopped garlic**. Season with salt and pepper; stir to combine.



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 **mascarpone**. 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 chicken

- Meanwhile, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and **half the Italian seasoning**.
- In a large 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.



4 Make the dressing

- Meanwhile, in a bowl, whisk together the **mayonnaise**, **mustard**, **remaining Italian seasoning**, **half the parmesan**, **1 tablespoon of olive oil**, **2 teaspoons of water**, and **as much of the garlic paste as you'd like**; season with salt and pepper.



5 Cook & glaze the vegetables

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **zucchini pieces** in an even layer. Cook, without stirring, 2 to 3 minutes, or until lightly browned. Season with salt and pepper. Continue to cook, stirring frequently, 2 to 3 minutes, or until slightly softened.
- Add the **seasoned tomatoes**. Cook, stirring occasionally, 1 to 2 minutes, or until softened.
- Add the **vinegar** (carefully, as the liquid may splatter). Cook, stirring frequently, 30 seconds to 1 minute, or until the vegetables are coated and most of the liquid has cooked off.
- Turn off the heat.



6 Slice the chicken & serve your dish

- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **glazed vegetables** and **mashed potatoes**. Top the chicken with the **dressing**. Garnish the vegetables with the **remaining parmesan**. Enjoy!



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