

# Fig-Balsamic Chicken

with Mashed Potatoes & Roasted Vegetables

4 SERVINGS

30-40 MINS

 **Blue Apron**  
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## Ingredients\*

Customized ingredients


 4 Boneless, Skinless Chicken Breasts 


SWAPPED FOR:

 4 Boneless, Center-Cut Pork Chops 


 3/4 lb Carrots


 1/2 lb Red Cabbage

 1 1/4 lbs Potatoes

 1 oz Salted Butter

 1/4 cup Buttermilk

 2 Tbsps Balsamic Vinegar

 2 1/2 Tbsps Chicken Demi-Glace

 2 Tbsps Fig Spread

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



**7** 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 [ww.com](http://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

- 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.
- Peel the **carrots**; halve lengthwise, then cut crosswise into 1-inch pieces.
- Cut out and discard the core of the **cabbage**; large dice the leaves.
- Medium dice the **potatoes**.



## 2 Roast the vegetables

- Line a sheet pan with foil.
- Place the **carrot pieces** and **diced cabbage** on the foil. Drizzle with **olive oil** and season with salt, pepper, and the **spice blend**; toss to coat. Arrange in an even layer.
- Roast 21 to 23 minutes, or until lightly browned and 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 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 **buttermilk** and **2 tablespoons 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 large pan, 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 Pork

- Meanwhile, pat the **pork** dry with paper towels; season with salt and pepper on both sides.
- In a large pan, 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 Make the sauce

- To the pan of reserved fond, add the **vinegar**, **demi-glace**, **fig spread**, and  $\frac{1}{4}$  cup of water (carefully, as the liquid may splatter). Cook on medium-high, stirring frequently and scraping up any fond, 2 to 3 minutes, or until thoroughly combined.
- Turn off the heat and 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 vegetables**. Top the chicken and potatoes with the **sauce**. Enjoy!



### CUSTOMIZED STEP 6 If you chose Pork

- Follow the directions in Step 6, using the **cooked pork** (instead of chicken).

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

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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, sesame, and wheat.  
**Blue Apron, LLC**, New York, NY 10005

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