

# Chicken & Creamy Sesame Dressing

with Sweet Potatoes, Kale & Pickled Peppers

2 SERVINGS

30-40 MINS

 **Blue Apron**

blueapron.com



## Ingredients\*

 2 Boneless, Skinless Chicken Breasts

 1 lb Sweet Potatoes

 2 cloves Garlic

 ½ oz Sweet Drop Peppers

 6 oz Kale

 1 Lemon

 1 Tbsp Sweet White Miso Paste

 1 Tbsp Soy Sauce

 2 tsps Honey

 2 Tbsps Mayonnaise

 1 Tbsp Sesame Oil

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



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



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

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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 & make the dressing

- 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.
- Wash and dry the fresh produce.
- Medium dice the **sweet potatoes**.
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Quarter and deseed the **lemon**.
- 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.
- In a bowl, whisk together the **sesame oil, honey** (kneading the packet before opening), **miso paste, mayonnaise, soy sauce, the juice of 2 lemon wedges, 2 teaspoons of water**, and **as much of the garlic paste as you'd like**. Taste, then season with salt and pepper if desired.



## 2 Roast the sweet potatoes

- Place the **diced sweet potatoes** on a sheet pan.
- Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 19 to 21 minutes, or until browned and tender when pierced with a fork.
- Remove from the oven.



## 3 Cook the chicken

- Meanwhile, pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra).
- In a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.



## Step 3 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.

## 4 Cook the kale

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Add the **chopped kale**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.
- Add **¼ cup of water** (carefully, as the liquid may splatter) and the **juice of the remaining lemon wedges**. Cook, stirring occasionally and scraping up any fond, 2 to 3 minutes, or until the kale is wilted and the liquid has cooked off.
- Transfer to a large bowl.



## 5 Finish & serve your dish

- To the bowl of **cooked kale**, add the **roasted sweet potatoes** and **peppers**. Season with salt and pepper; toss to combine.
- Slice the **cooked chicken** crosswise.
- Serve the **finished vegetables** topped with the **sliced chicken** and **dressing**. Enjoy!



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