

# Seared Chicken & Dijon Pan Sauce

with Creamy Mashed Potatoes & Green Beans

2 SERVINGS

⌚ 30-40 MINS


 **Blue Apron**  
blueapron.com





## Ingredients\*


 2 Boneless, Skinless Chicken Breasts

 2 cloves Garlic


 ¾ lb Potatoes

 6 oz Green Beans

 ¼ cup Labneh Cheese

 1 ½ Tbsps Spicy Maple Syrup

 1 Tbsp Whole Grain Dijon Mustard

 2 ½ Tbsps Chicken Demi-Glace

 1 Tbsp Southern Spice Blend<sup>1</sup>



**9** 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.

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.

<sup>1</sup>. Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper  
\*Ingredients may be replaced and quantities may vary.



COOK ALONG WITH



"Alexa, find Blue Apron recipes."

## 1 Prepare the ingredients

- 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**.
- Cut off and discard any stem ends from the **green beans**.
- Peel and roughly chop **2 cloves of garlic**.



## 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 **labneh** and **1 tablespoon of olive oil**. 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 green beans

- Meanwhile, in a medium pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **green beans**; season with salt and pepper. Cook, stirring occasionally, 3 to 4 minutes, or until lightly browned.



### Step 3 continued:

- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 1 to 2 minutes, or until the water has cooked off.
- Add the **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to a bowl and cover with foil to keep warm.
- Rinse and wipe out the pan.

## 4 Cook the chicken

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and **up to half the spice blend** (you will have extra).
- In the same 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.



## 5 Make the pan sauce & serve your dish

- To the pan of reserved fond, add the **demi-glaze** (carefully, as the liquid may splatter), **mustard**, **maple syrup**, and  **$\frac{1}{4}$  cup of water**. Cook, stirring occasionally, 2 to 3 minutes, or until the sauce is thickened.
- Turn off the heat. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **mashed potatoes** and **cooked green beans**. Top the chicken with the **pan sauce**. Enjoy!



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