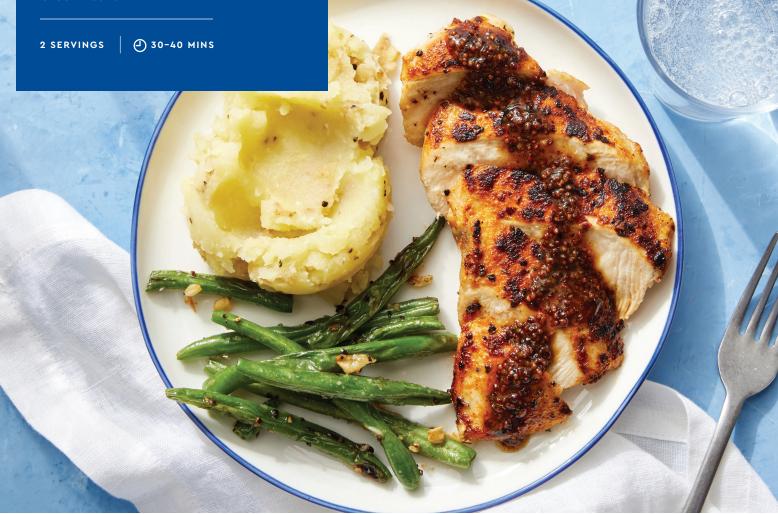




blueapron.com





Ingredients*



2 Boneless, Skinless Chicken Breasts



2 cloves Garlic



3/4 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 Blend¹





Points" value

Scan this barcode in your WW app to
93888 17055 1 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 $^{\text{TM}}$ value per teaspoon) to coat your pan before heating.

To learn more about the (NEW!) WW Points™ program, visit 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, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper

^{*}Ingredients may be replaced and quantities may vary.

Hey, Chef! Try these WW pro-tips: Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Counting Points™? Choose nonstick cooking spray (0 Points™) instead of olive oil (1 Points™ value per teaspoon) to coat your pan before heating. To learn more about WW's Points™ program, visit ww.com.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1) Prepare the ingredients

- Fill a medium pot 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.



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.

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.

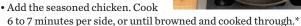


Step 3 continued:

- 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.



• Leaving any browned bits (or fond) in the pan, transfer to a cutting board.



Make the pan sauce & serve your dish

- To the pan of reserved fond, add the demi-glace (carefully, as the liquid may splatter), mustard, maple syrup, and 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. Produced in a facility that processes crustacean shellfish,

