

Italian Chicken & Pepper Pan Sauce

with Mashed Potatoes & Green Beans

2 SERVINGS

⌚ 40-50 MINS

 **Blue Apron**
blueapron.com



Ingredients*



2 Boneless, Skinless Chicken Breasts



¾ lb Potatoes



2 cloves Garlic



6 oz Green Beans



½ oz Pickled Peppadew Peppers



1 Tbsp Capers



1 Lemon



1 oz Salted Butter



¼ cup Grated Parmesan Cheese



2 Tbsps Crème Fraîche



¼ tsp Crushed Red Pepper Flakes



1 Tbsp Italian Seasoning¹

Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

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



"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**.
- Roughly chop the **capers**.
- Roughly chop the **peppers**.
- Quarter and deseed the **lemon**.



2 Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water. 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 **crème fraîche** and a drizzle 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.



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 slightly softened.
- Add **2 tablespoons of water** (carefully, as the liquid may splatter). Cook, stirring occasionally, 2 to 3 minutes, or until the water has cooked off.
- Add **half the chopped garlic**. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Transfer to a bowl; taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



4 Cook the chicken

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and enough of the **Italian seasoning** to coat (you may 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

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **remaining chopped garlic, chopped capers, chopped peppers, and as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Add the **juice of 2 lemon wedges** (carefully, as the liquid may splatter). Cook, stirring frequently and scraping up any fond, 1 to 2 minutes, or until slightly thickened.
- Turn off the heat; stir in the **butter** until melted and combined.



6 Slice the chicken & serve your dish

- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **cooked green beans** and **mashed potatoes**. Top the chicken with the **pan sauce**. Garnish the green beans with the **cheese**. Serve the **remaining lemon wedges** on the side. Enjoy!



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

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. If you purchased this recipe outside of blueapron.com, nutrition information can be found on the retailer's product page. | Food safety handling information: blog.blueapron.com/foodsafety

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

[f](#) [t](#) [i](#) [@](#) Share your photos with #blueapron



013023, 2PP