

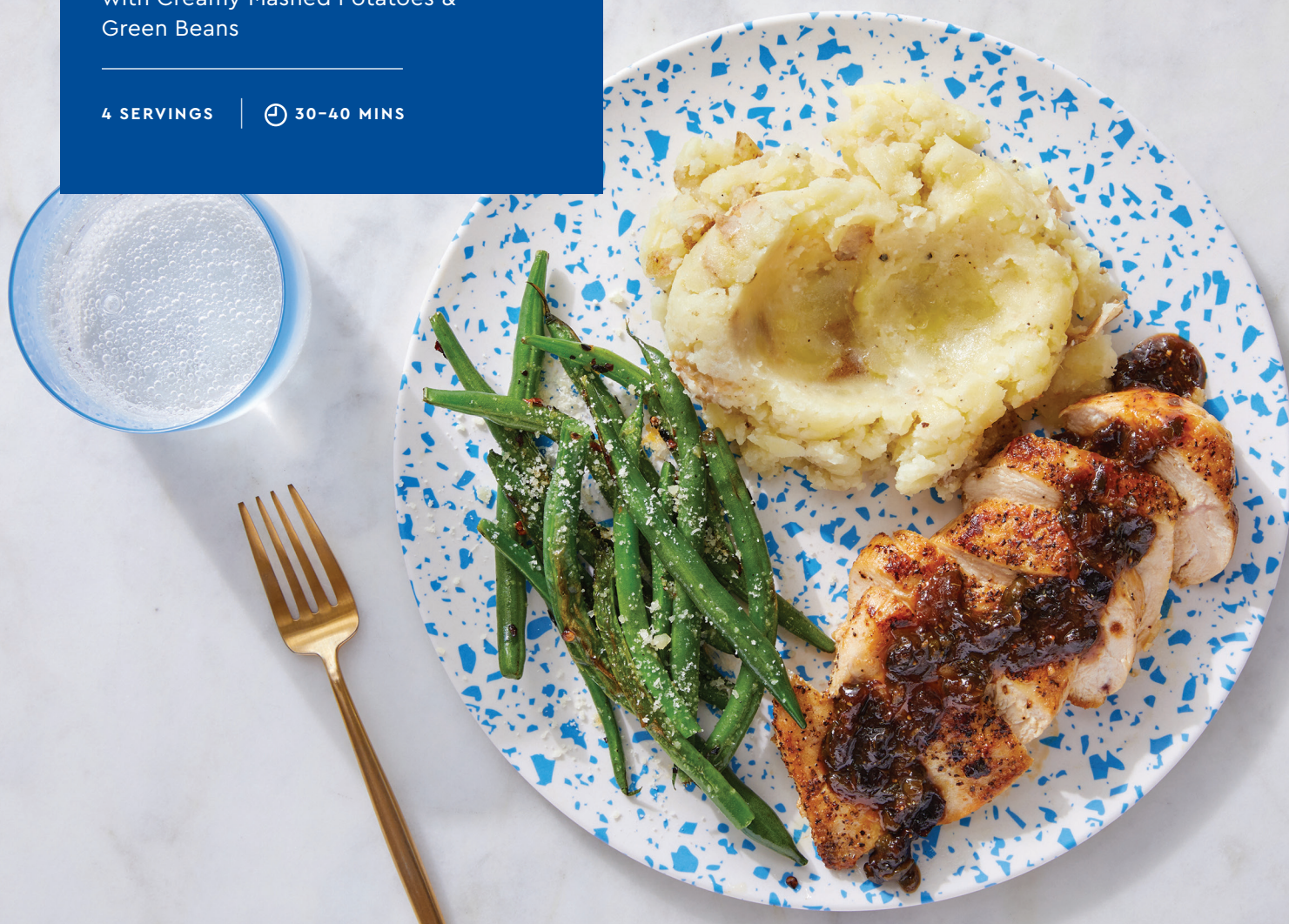
Chicken & Fig Pan Sauce

with Creamy Mashed Potatoes & Green Beans

4 SERVINGS

30-40 MINS

 **Blue Apron**
blueapron.com



Ingredients*

Customized ingredients

 4 Boneless, Skinless Chicken Breasts 

SWAPPED FOR:


 4 Boneless, Center-Cut Pork Chops 

 1 1/4 lbs Potatoes

 3/4 lb Green Beans


 1 Tbsp Capers

 1 oz Prunes


 1/4 cup Grated Parmesan Cheese

 1/2 cup Buttermilk

 1 Tbsp Sherry Vinegar

 2 1/2 Tbsps Chicken Demi-Glace

 2 Tbsps Fig Spread

 1/4 tsp Crushed Red Pepper Flakes



Serve with Blue Apron wine that has this symbol
blueapron.com/wine



6 Points® 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 Points™ value 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™ program, visit www.ww.com. The WW logo, Points and myWW are the trademarks of WW International, Inc. and are used under license by Blue Apron, LLC.

*Ingredients may be replaced and quantities may vary.

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"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & start the sauce

- 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.
- Cut off and discard any stem ends from the **green beans**.
- Medium dice the **potatoes**.
- Roughly chop the **prunes**.
- Roughly chop the **capers**.
- In a bowl, combine the **chopped prunes, chopped capers, fig spread, demi-glace, vinegar**, and $\frac{1}{4}$ cup of warm water; season with salt and pepper.



2 Cook the green beans

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **green beans**. Cook, stirring occasionally, 5 to 6 minutes, or until lightly browned and slightly softened.
- Add as much of the **red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be. Cook, stirring frequently, 1 to 2 minutes, or until the green beans are tender when pierced with a fork.
- Transfer to a bowl.
- Taste, then season with salt and pepper if desired. Cover to keep warm.
- Wipe out the pan.



3 Cook & mash the potatoes

- Meanwhile, add the **diced potatoes** to the pot of boiling water and 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 **half the cheese**. 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 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.



↺ CUSTOMIZED STEP 4 If you chose Pork

- Meanwhile, pat the **pork** dry with paper towels; season with salt and pepper on both sides.
- In the same 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 Finish the sauce & serve your dish

- To the pan of reserved fond, add the **sauce** (carefully, as the liquid may splatter). Cook on medium-high, stirring constantly and scraping up any fond, 2 to 3 minutes, or until slightly 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 **finished sauce**. Garnish the green beans with the **remaining cheese**. Enjoy!



↺ CUSTOMIZED STEP 5 If you chose Pork

- Finish the sauce and serve your dish as directed, using the **rested 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.
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