

Oregano Chicken & Olive Pan Sauce

with Roasted Sweet Potatoes, Onion & Spinach

4 SERVINGS

⌚ 35-45 MINS

 **Blue Apron**
blueapron.com



Ingredients*

Customized ingredients

 4 Boneless, Skinless Chicken Breasts 

SWAPPED FOR:

 4 Boneless, Center-Cut Pork Chops 

 1 ½ lbs Sweet Potatoes

 2 Red Onions

 5 oz Baby Spinach

 1 oz Castelvetro Olives

 1 Lemon

 1 oz Salted Butter

 2 tsps Honey

 1 tsp Whole Dried Oregano

 ¼ tsp Crushed Red Pepper Flakes

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

  6 PointsSM value per serving

 Scan this barcode in your WW app to track PointsSM. Wine is not included in PointsSM as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 PointsSM) instead of olive oil (1 PointsSM 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 PointsSM 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.

*Ingredients may be replaced and quantities may vary.

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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 & roast the vegetables

- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Line a sheet pan with foil.
- Halve the **sweet potatoes** lengthwise, then cut crosswise into 1/4-inch pieces.
- Halve and peel the **onions**; cut into 1/2-inch-wide wedges, keeping the layers intact.
- Transfer the **sweet potato pieces** and **onion wedges** to the sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat and arrange in an even layer.
- Roast 24 to 26 minutes, or until browned and tender when pierced with a fork.
- Leaving the oven on, remove from the oven.



2 Prepare the remaining ingredients

- Meanwhile, pit and roughly chop the **olives**.
- Quarter and deseed the **lemon**.
- In a bowl, whisk together the **honey**, the **juice of 2 lemon wedges**, and 1/3 cup of **water** until thoroughly combined. Season with salt and pepper.
- Place the **spinach** in a separate bowl. Drizzle with **olive oil** and season with salt and pepper; toss to coat.



3 Cook the chicken

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **oregano**.
- In a large pan (nonstick, if you have one), 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.



4 CUSTOMIZED STEP 3 If you chose Pork

- Pat the **pork** dry with paper towels; season on both sides with salt, pepper, and the **oregano**.
- In a large pan (nonstick, if you have one), 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.

4 Make the pan sauce

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped olives** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly softened.
- Add the **honey-lemon mixture** (carefully, as the liquid may splatter); season with salt and pepper. Cook, stirring frequently and scraping up any fond, 3 to 4 minutes, or until combined and slightly thickened.
- Turn off the heat; stir in the **butter** until melted and combined. Taste, then season with salt and pepper if desired.



5 Finish the vegetables & serve your dish

- Carefully top the sheet pan of **roasted vegetables** with the **seasoned spinach** in an even layer.
- Return to the oven and roast 3 to 5 minutes, or until the spinach is mostly wilted.
- Remove from the oven and carefully stir to combine.
- Evenly top with the **juice of the remaining lemon wedges**. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **finished vegetables** topped with the **sliced chicken** and **pan sauce**. Enjoy!



5 CUSTOMIZED STEP 5 If you chose Pork

- Finish the vegetables 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.

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.
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