

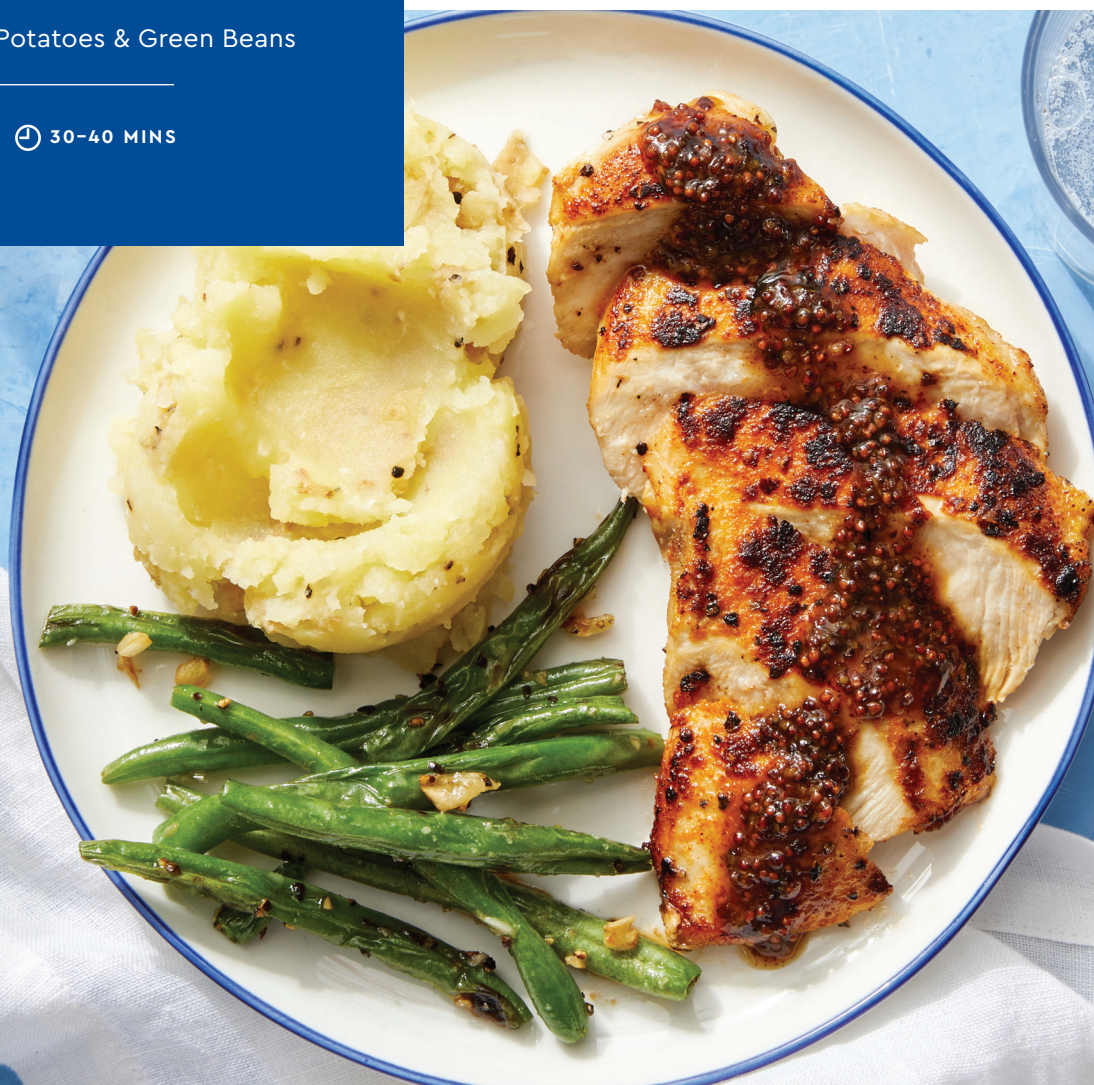
Seared Chicken & Dijon Pan Sauce

with Mashed Potatoes & Green Beans

2 SERVINGS

⌚ 30-40 MINS

 **Blue Apron**
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Ingredients*



2 Boneless, Skinless Chicken Breasts



2 cloves Garlic



¾ lb Potatoes



6 oz Green Beans



2 Tbsps Crème Fraîche



1 oz Salted Butter



1 Tbsp Whole Grain Dijon Mustard



1 ½ Tbsps Spicy Maple Syrup



1 Tbsp Southern Spice Blend¹



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¹. Onion Powder, Garlic Powder, Ground Yellow Mustard, Smoked Paprika & Cayenne Pepper
*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**.



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 **crème fraîche** and a drizzle **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.
- 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.
- 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 **spice blend** 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 9 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 **mustard**, **maple syrup**, and $\frac{1}{4}$ **cup of water** (carefully, as the liquid may splatter). Cook on medium-high, stirring occasionally and scraping up any fond, 2 to 3 minutes, or until the sauce is thickened.
- Turn off the heat. Stir in the **butter** until melted and combined. 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.

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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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