

# Southern-Spiced Chicken

with Potato Salad & Maple Green Beans

🕒 30-40 MINS | 2 SERVINGS

Few things hit the spot in the summer quite like an easy, delicious potato salad, which you'll quickly whip up by combining tender potatoes with creamy mustard sauce and tangy pickled peppers—a classic, comforting side for this spiced, seared chicken. It's all complete with an additional side of crisp green beans sautéed with garlic and a touch of spicy-sweet maple syrup.



## MATCH YOUR BLUE APRON WINE



Crisp & Minerally

Serve a bottle with this symbol for a great pairing.



TOP RATED  
Recipes

## Ingredients



2  
BONELESS,  
SKINLESS CHICKEN  
BREASTS



3/4 lb  
GOLDEN OR RED  
POTATOES



1/2 oz  
SWEET PIQUANTE  
PEPPERS



1 1/2 Tbsps  
MAPLE SYRUP



1/4 tsp  
CRUSHED RED  
PEPPER FLAKES



6 oz  
GREEN BEANS



2 cloves  
GARLIC



1 Tbsp  
CREAMY  
MUSTARD SAUCE



1 Tbsp  
SOUTHERN SPICE  
BLEND\*

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



To find out more about Wellness at Blue Apron visit us at [www.blueapron.com/pages/wellness](http://www.blueapron.com/pages/wellness), or for further nutrition information see the Nutrition Facts card.



### 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**.
- Roughly chop the **peppers**.
- Cut off and discard the stem ends of the **green beans**.
- Peel and roughly chop **2 cloves of garlic**.



### 2 Cook the chicken:

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and **up to half the spice blend**.
- In a medium pan (nonstick, if you have one), heat **1 teaspoon 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. Cover with foil to keep warm.



### 3 Make the potato salad:

- Meanwhile, add the **diced potatoes** to the pot of boiling water. Cook 15 to 17 minutes, or until tender when pierced with a fork.
- Turn off the heat. Drain thoroughly and return to the pot.
- Add the **creamy mustard sauce, chopped peppers, 1 teaspoon of olive oil, and a pinch of the remaining spice blend** (you will have extra). Season with salt and pepper; stir to combine.



### 4 Cook the green beans & serve your dish:

- In a bowl, combine the **maple syrup** and **as much of the crushed red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be.
- In the pan of reserved fond, heat  $\frac{1}{2}$  **teaspoon of olive oil** on medium-high until hot.
- Add the **prepared green beans**; season with salt and pepper. Cook, stirring frequently, 3 to 5 minutes, or until lightly browned.
- Add the **chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Add **half the spicy maple syrup** (carefully, as the liquid may splatter) and **1 tablespoon of water**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until the green beans are softened and the liquid has cooked off. Turn off the heat. Taste, then season with salt and pepper if desired.
- Slice the **cooked chicken** crosswise.
- Serve the **sliced chicken** with the **cooked green beans** and **potato salad**. Drizzle the chicken with the **remaining spicy maple syrup**. Enjoy!

\*\*An instant-read thermometer should register 165°F.



**NUTRITION PER SERVING (AS PREPARED)\*** Calories: 500, Total Carbohydrates: 49g, Dietary Fiber: 6g, Added Sugar: 12g, Total Fat: 15g, Saturated Fat: 2g, Protein: 44g, Sodium: 1040mg.

CONTAINS: See Ingredient Packaging for Allergen(s).

\*See full Nutrition Facts on your Current page in the Blue Apron app or at blueapron.com.

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC New York, NY 10005

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