



Balsamic Chicken & Mashed Potatoes

with Sautéed Green Beans & Almonds



2 < OR > 4 SERVINGS

CUSTOMIZED OPTIONS:

-  2 | 4 Boneless, Skinless Chicken Breasts
- or**
-  2 | 4 Boneless, Center-Cut Pork Chops
- or**
-  2 | 4 Flank Steaks

 6 | 12 oz Green Beans

 12 | 24 oz Potatoes

 1 | 2 Shallot

 1/2 | 1 oz Salted Butter

 1 | 2 Tbsp Soy Sauce

 1 | 2 Tbsp Balsamic Vinegar

 2 | 4 tsp Honey

 2 | 4 Tbsp Sliced Roasted Almonds

 1/2 | 1 Tbsp Weeknight Hero Spice Blend¹

Cooking for 4 servings?

Cooking instructions are written for 2 servings. If you're cooking for 4, use larger pots and pans, work in batches when necessary, and double any measurements that are highlighted.

Getting Started

COOKING TOOLS

Medium Nonstick Pan (*Large for 4*)
Medium Pot
Knife
Cutting Board

FROM YOUR PANTRY

Olive Oil
Salt
Pepper

Chef's Note

FEATURED TECHNIQUE

When making pan sauces, you can thicken your sauce by leaving it on the heat a bit longer, or thin it out by adding 1 tablespoon of water at a time to your pan.

COOKING TEMPERATURE

The USDA recommends a minimum safe cooking temperature of:

165°F Chicken | 145°F Pork | 145°F Steak

LIMITED TIME! Easy Prep Pizzas

Three customer faves, now with a shortcut: **pre-made crust** created exclusively for us by an award-winning pizza chef! Find them with Add-ons each week.



¹ Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
Ingredients may be replaced and quantities may vary.

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).

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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.
- Medium dice the **potatoes**.
- Cut off and discard any stem ends from the **green beans**.
- Halve, peel, and finely chop the **shallot(s)**.
- In a bowl, whisk together the **soy sauce, honey, vinegar, and 2 tablespoons of water**; season with salt and pepper.



2. Cook & mash the potatoes

- Add the **diced potatoes** to the pot of boiling water and cook 16 to 20 minutes, or until tender when pierced with fork. Turn off the heat.
- Drain thoroughly and return to the pot. Add **2 tablespoons 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 & finish the green beans

- Meanwhile, in a medium nonstick pan (or large for 4 servings), 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.
- Carefully add **2 tablespoons of water**. Cook, stirring frequently, 1 to 2 minutes, or until the green beans are softened and the water has cooked off.
- Transfer to a bowl; add the **almonds** and stir to combine. Taste, then season with salt and pepper if desired. Cover with foil to keep warm.
- Wipe out the pan.



Look for customized instructions before the next step!

4. Cook the chicken

- Pat the **chicken** dry with paper towels; season on both sides with salt, pepper, and the **spice blend**.
- 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.
- When cool enough to handle, slice the **cooked chicken** crosswise.



5. Finish the sauce & serve your dish

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped shallot(s)**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until softened.
- Add the **sauce** (carefully, as the liquid may splatter). Cook, stirring constantly and scraping up any fond, 2 to 3 minutes, or until slightly thickened. (For a thicker consistency, continue cooking the sauce. For a thinner consistency, add 1 tablespoon of water at a time to loosen.)
- Turn off the heat. Stir in the **butter** until melted and combined. Taste, then season with salt and pepper if desired.
- Serve the **sliced chicken** with the **mashed potatoes** and **finished green beans**. Top the chicken and potatoes with the **finished sauce**. Enjoy!



Customized Steps

PORK

- Pat the **pork** dry with paper towels; season on both sides with salt, pepper, and the **spice blend**.
- 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.
- Slice the **rested pork** crosswise.

FLANK STEAKS

- Pat the **steaks** dry with paper towels; season on both sides with salt, pepper, and the **spice blend**.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **seasoned steaks**. Cook 4 to 6 minutes per side for medium-rare (125°F), 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.
- Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.

*The USDA recommends a minimum safe cooking temperature of 145°F for steak. Cook the steaks an additional 2 to 3 minutes to achieve this. Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.