

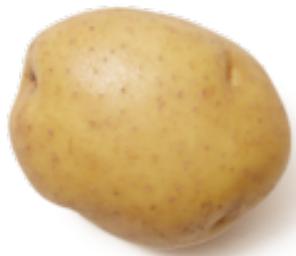
# Seared Chicken & Mashed Potatoes

## with Maple-Glazed Carrots



We're giving seared chicken a lift with a rich pan sauce, made with sweet maple syrup and tangy sherry vinegar. It's the perfect accompaniment for creamy mashed potatoes and roasted carrots, dressed with a bit more maple syrup.

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**2 Boneless, Skinless Chicken Breasts**

**¾ Ib Yukon Gold Potatoes**

**2 Tbsps Crème Fraîche**

**1 Tbsp Sherry Vinegar**

**tried-and-true**

**kitchen tools**

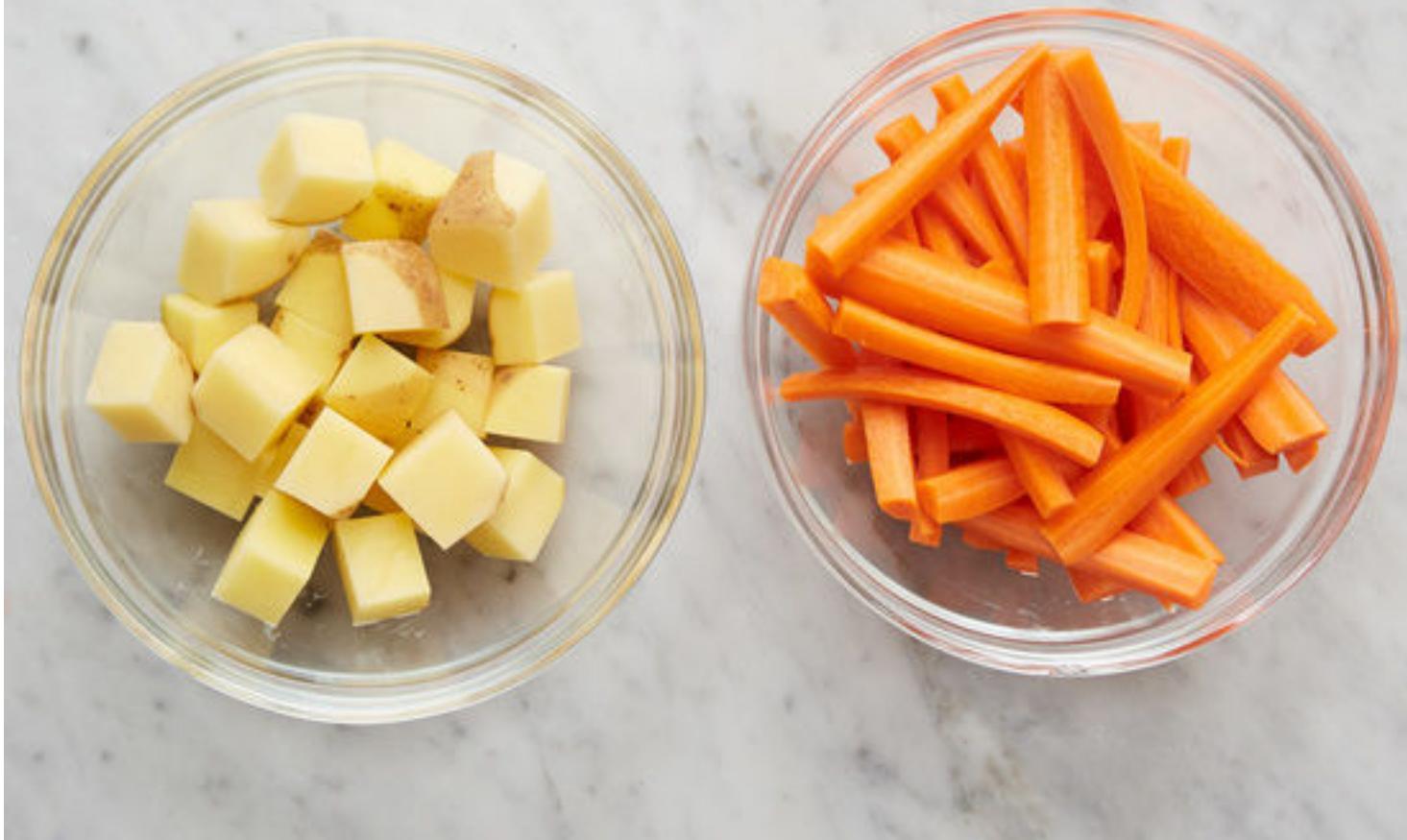


## [Large Maple Cutting Board](#)

**by John Boos & Co. for Blue Apron**

Built to last, this chopping board is prized by professional chefs and so gorgeous we never want to take it off the counter. Crafted with hardy American maple, this exclusive collaboration between Blue Apron and John Boos & Co. is equal parts beautiful and handy. Its durable surface won't warp and is resistant to scoring; magically, it also helps keep your blades sharper than other materials. You'll find these boards in our test kitchen—as well as professional kitchens around the world.

**Click for Tablet View**



## 1 Prepare the ingredients:

Place an oven rack in the center of the oven, then preheat to 450°F. Heat a medium pot of salted water to boiling on high. Wash and dry the fresh produce. Peel the **carrots**; quarter lengthwise, then halve crosswise. Large dice the **potatoes**.



## **2 Roast & glaze the carrots:**

Place the **sliced carrots** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer. Roast 15 to 17 minutes, or until lightly browned and tender when pierced with a fork. Carefully transfer to a large bowl. Add **half the maple syrup**; stir to coat. Season with salt and pepper to taste. Loosely cover with aluminum foil to keep warm.



### **3 Cook & mash the potatoes:**

While the carrots roast, add the **diced potatoes** to the pot of boiling water; cook 14 to 16 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 **1 tablespoon of olive oil**. Using a fork, mash to your desired consistency. Season with salt and pepper to taste. Cover to keep warm.



While the potatoes cook, pat the **chicken** dry with paper towels; season with salt and pepper on both sides. In a medium pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken and cook 5 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.



## **5 Make the pan sauce:**

Add the **vinegar** and **remaining maple syrup** to the pan of reserved fond (be careful, as the liquid may splatter). Cook on medium-high, stirring constantly and scraping up any fond, 30 seconds to 1 minute, or until thoroughly combined. Turn off the heat. Stir in the **butter** until thoroughly combined. Season with salt and pepper to taste.



## **6 Slice the chicken & serve your dish:**

Slice the **cooked chicken** crosswise. Serve the sliced chicken with the **mashed potatoes** and **glazed carrots**. Top the chicken with the **pan sauce**. Enjoy!