

Tahini-Dressed Chicken & Kale

with Pickled Peppers & Roasted Sweet Potato

WW™ APPROVED
CARB CONSCIOUS

🕒 30-40 MINS | 2 SERVINGS

To bring together seared chicken and a hearty bed of kale and sweet potato, we're topping it all with an irresistibly rich and creamy dressing of tahini, soy sauce, mayo, fresh lemon juice, and punchy garlic paste.



MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Wine is not included in SmartPoints®



WW | 16 13 10 SmartPoints® value per serving



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Ingredients



2
BONELESS,
SKINLESS CHICKEN
BREASTS



1
LEMON



1 bunch
KALE



1 Tbsp
SOY SAUCE



1 Tbsp
PICKLED PERUVIAN
PEPPERS



1/2 lb
SWEET POTATO



2 cloves
GARLIC



2 Tbsps
TAHINI



2 Tbsps
MAYONNAISE



1 Tbsp
WEEKNIGHT
HERO SPICE
BLEND*

*Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



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1 Prepare the ingredients & make the dressing:

- Place an oven rack in the center of the oven, then preheat to 450°F.
- Wash and dry the fresh produce.
- Medium dice the **sweet potato**.
- Peel **2 cloves of garlic**. Roughly chop 1 clove. Using a zester, finely grate the remaining clove into a paste (or use the small side of a box grater).
- Separate the **kale** leaves from the stems; discard the stems, then roughly chop the leaves.
- Quarter and deseed the **lemon**.
- In a bowl, whisk together the **tahini, mayonnaise, soy sauce, the juice of 2 lemon wedges, 2 teaspoons of water, and as much of the garlic paste as you'd like**. Taste, then season with salt and pepper if desired.

2 Roast the sweet potato:

- Place the **diced sweet potato** on a sheet pan. Drizzle with **olive oil** and season with salt and pepper; toss to coat. Arrange in an even layer.
- Roast 19 to 21 minutes, or until browned and tender when pierced with a fork. Remove from the oven.

3 Cook the chicken:

- Meanwhile, 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 a medium 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 Cook the kale:

- In the pan of reserved fond, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **chopped garlic**. Cook, stirring constantly, 30 seconds to 1 minute, or until slightly softened.
- Add the **chopped kale**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until slightly wilted.
- Add **¼ cup of water** (carefully, as the liquid may splatter) and **the juice of the remaining lemon wedges**. Cook, stirring occasionally and scraping up any fond, 2 to 3 minutes, or until the kale is wilted and the liquid has cooked off.
- Transfer to a large bowl.

5 Finish & serve your dish:

- To the bowl of **cooked kale**, add the **roasted sweet potato** and **peppers**. Season with salt and pepper; toss to combine.
- Slice the **cooked chicken** crosswise.
- Serve the **finished vegetables** topped with the **sliced chicken** and **dressing**. Enjoy!

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



NUTRITION PER SERVING (AS PREPARED)* Calories: 580, Total Carbohydrates: 42g, Dietary Fiber: 9g, Added Sugar: 2g, Total Fat: 27g, Saturated Fat: 3.5g, Protein: 47g, Sodium: 1300mg.

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.

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