



PAN-SEARED CHICKEN

with Roasted Potatoes, Green Beans and Creamy Dill Sauce

FAMILY



HELLO

DILL SAUCE

This creamy, zingy sauce is accented with a touch of mustard!

TIME: 35 MIN



Chicken Breasts



Yellow Potato



Sour Cream



Green Beans



Dill



Dijon Mustard



Chicken Broth Concentrate

BUST OUT

- Baking Sheet
- Large Non-Stick Pan
- Measuring Cups
- Paper Towel
- Measuring Spoons
- Medium Pot
- Strainer
- Whisk
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

4-person

- Chicken Breasts 680 g
- Yellow Potato 600 g
- Sour Cream 2 9 tbsp
- Green Beans 340 g
- Dill 7 g
- Dijon Mustard 6,9 1 tbsp
- Chicken Broth Concentrate 2

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 74°C/165°F.



START STRONG

Preheat the oven to **450°F** (to roast potatoes). Start prepping when the oven comes up to temperature.



1 ROAST POTATOES

Wash and dry all produce.* Cut **potatoes** into 1-inch pieces. On a baking sheet, toss **potatoes** with **2 tbsp oil**. Season with **salt** and **pepper**. Roast in **middle** of the oven, until **potatoes** are golden-brown, 25-28 min.



2 PREP

Meanwhile, in a medium pot, add **5 cups water** and **1 tsp salt**. Cover and bring to a boil over high heat. Meanwhile, finely chop **dill**. Cut stems off **beans**, if needed. On a clean cutting board, pat **chicken** dry with paper towel. Season with **salt** and **pepper**.



3 COOK CHICKEN

Heat a large non-stick pan over medium heat. When pan is hot, add **1 tbsp oil**, then **chicken**. Cook until bottoms of **chicken** are golden-brown, 6-7 min. Flip **chicken** over, then cover and cook until **chicken** is golden-brown and cooked through, 6-7 min. (**TIP:** Cook to a minimum internal temp. of 74°C/165°F, as size may vary.**)



4 MAKE SAUCE

When **chicken** is done, transfer to a plate and set aside. Reduce heat to low. Add **broth concentrates**, **sour cream**, **mustard**, **2 tsp dill** and **¼ cup water** to the same pan. Whisk together until **sauce** starts to simmer, 1-2 min.



5 COOK BEANS

Meanwhile, add **green beans** to the medium pot with **boiling water**. Cook, stirring occasionally, until **beans** are tender-crisp, 1-2 min. Drain **beans** and return to the pot off heat. Season with **salt** and **pepper**.



6 FINISH AND SERVE

Thinly slice **chicken**. Divide **chicken**, **roasted potatoes** and **green beans** between plates. Drizzle **creamy dill sauce** over **chicken**. Sprinkle over any **remaining dill**, if desired.

CONGRATS!

You've created a new family favourite!

