



Pan-Seared Chicken

with Roasted Potatoes, Green Beans and Creamy Dill Sauce

Family

35 Minutes



Chicken Breasts



Yellow Potato



Sour Cream



Green Beans



Dill



Dijon Mustard



Chicken Broth Concentrate

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

HELLO DILL SAUCE

This creamy sauce is spiked with a touch of mustard and fresh dill

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Baking sheet, measuring spoons, strainer, medium pot, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Yellow Potato	300 g	600 g
Sour Cream	6 tbsp	9 tbsp
Green Beans	170 g	340 g
Dill	7 g	7 g
Dijon Mustard	½ tbsp	1 tbsp
Chicken Broth Concentrate	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Roast potatoes

Cut **potatoes** into 1-inch pieces. On a baking sheet, toss **potatoes** with **1 tbsp oil** (dbl for 4ppl). Season with **salt** and **pepper**. Roast in the **middle** of the oven, until **potatoes** are golden-brown, 25-28 min.



Prep

Meanwhile, in a medium pot, add **5 cups water** and **1 tsp salt**. (**NOTE:** Use same amount for 4ppl) Cover and bring to a boil over high heat. Meanwhile, finely chop **dill**. Trim **green beans**, if needed. Pat **chicken** dry with paper towel, then season with **salt** and **pepper**.



Cook chicken

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then the **chicken**. Sear, until **chicken** is golden-brown, 2-3 min per side. Transfer to another baking sheet. Bake in the **top** of the oven, until **chicken** is cooked through, 10-12 min.**



Make sauce

While the **chicken** bakes, heat the same pan over low heat. Add **broth concentrate(s)**, **sour cream**, **mustard**, **2 tsp dill** and **¼ cup water** (dbl both for 4ppl). Whisk together, until **sauce** starts to simmer, 1-2 min.



Cook beans

To the medium pot with **boiling water**, add **green beans**. Cook, stirring occasionally, until **beans** are tender-crisp, 1-2 min. Drain **beans** and return to the same pot, off heat. Add **1 tbsp butter** (dbl for 4ppl) and season with **salt** and **pepper**. Stir to coat.



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.

Dinner Solved!