



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

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

2 Baking sheets, 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. Toss **potatoes** with **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, until **potatoes** are golden-brown, 25-28 min.



Prep

While **potatoes** roast, add **5 cups water** and **1 tsp salt** to a medium pot (dbl for 4 ppl). Cover and bring to a boil over high heat. While water comes to a boil, finely chop **dill**. Trim **green beans**. Pat **chicken** dry with paper towels, 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**, **sour cream**, **mustard**, **2 tsp dill** and **¼ cup water** (dbl both for 4 ppl). Whisk together, until **sauce** starts to simmer, 1-2 min.



Cook green beans

Add **green beans** to the medium pot with **boiling water**. Cook, stirring occasionally, until **green beans** are tender-crisp, 1-2 min. Drain **green beans** and return to the same pot, off heat. Add **1 tbsp butter** (dbl for 4 ppl) 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 any **remaining dill** over top, if desired.

Dinner Solved!