



Pan-Seared Chicken

with Smashed Potatoes and Pan Sauce

30 Minutes



Chicken Breasts



Red Onion



Green Beans



Red Potato



Rosemary



Garlic



Chicken Demi-Glace



All-Purpose Flour

HELLO SMASHED POTATOES

Leaving these potatoes a little chunky makes for a hearty and delicious side dish.

Start here

- Before starting, preheat the oven to 400°F.
- Wash and dry all produce.

Bust Out

Baking sheet, measuring spoons, potato masher, colander, large pot, large non-stick pan, paper towels, measuring cups

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Red Onion	56 g	113 g
Green Beans	170 g	340 g
Red Potato	360 g	720 g
Rosemary	1 sprig	1 sprig
Garlic	6 g	12 g
Chicken Demi-Glace	1	2
All-Purpose Flour	½ tbsp	1 tbsp
Milk*	¼ cup	½ cup
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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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Cook potatoes

Cut **potatoes** into ½-inch pieces. Combine **potatoes, 2 tsp salt** and **enough water** to cover (approx. 1 inch) in a large pot. (**NOTE:** Use same for 4 ppl.) Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 10-12 min.



Make pan sauce

While **chicken** cooks, peel, then thinly slice **half the onion** (whole onion for 4 ppl). Peel, then mince or grate **garlic**. Heat the same pan (from step 2) over medium. When hot, add **1 tbsp butter** (dbl for 4 ppl) and swirl pan until melted. Add **onions, garlic** and **remaining rosemary**. Cook, stirring often, until **onions** are golden-brown, 2-3 min. Sprinkle over **½ tbsp flour** (dbl for 4 ppl) and stir to coat, 1 min. Add **demi-glace** and **½ cup water** (dbl for 4 ppl). Stir until sauce combined, 1-2 min. Season with **salt** and **pepper**.



Prep and start chicken

While **potatoes** cook, trim **green beans**. Finely chop **2 tsp** (dbl for 4 ppl) **rosemary leaves**. Pat **chicken** dry with paper towels, then season with **half the rosemary, salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until golden, 2-3 min per side.



Smash potatoes

When **potatoes** are fork-tender, drain and return to the same pot, off heat. Using a masher, roughly mash in **2 tbsp butter** and **¼ cup milk** (dbl both for 4 ppl) until slightly mashed. Season with **salt** and **pepper**.



Roast chicken and green beans

Remove pan from heat, then transfer **chicken** to one side of a baking sheet. On the other side of the baking sheet, toss **green beans** with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Roast in the middle of the oven, tossing **green beans** halfway through cooking, until **green beans** are golden-brown and **chicken** is cooked through, 12-14 min.**



Finish and serve

Divide **potatoes, green beans** and **chicken** between plates. Add any juices from the baking sheet to the **pan sauce** and stir together. Spoon the **pan sauce** over **chicken**.

Dinner Solved!