



Pan-Seared Chicken

with Smashed Potatoes and Pan Sauce

30 Minutes



Chicken Breasts



Leek, sliced



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, strainer, large pot, large non-stick pan, paper towels, measuring cups

Ingredients

| | 2 Person | 4 Person |
|--------------------|----------|----------|
| Chicken Breasts | 2 | 4 |
| Leek, sliced | 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

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. Cover and bring to a boil over high heat. Once boiling, reduce the heat to medium. Simmer, uncovered, until fork-tender, 10-12 min.



Make pan sauce

While **chicken** cooks, peel, then mince or grate **garlic**. Heat the same pan over medium heat. When hot, add **1 tbsp butter** (dbl for 4 ppl) and swirl pan until melted. Add **leeks**, **garlic** and **remaining rosemary**. Cook, stirring often, until **leeks** 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** comes together, 1-2 min. Season with **salt** and **pepper**.



Start chicken

While **potatoes** cook, trim **green beans**. Finely chop **2 tsp rosemary leaves** (dbl for 4 ppl). Pat **chicken** dry with on a separate cutting board. Carefully slice into centre of **each chicken breast**, parallel to the cutting board, leaving ½-inch intact on the other end. Open up **chicken** like a book. Season both sides with **salt** and **pepper**, then sprinkle over **half the rosemary**. 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 them to the same pot off the heat. Using masher, roughly mash in **2 tbsp butter** and **¼ cup milk** (dbl both for 4 ppl) into **potatoes** 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 with **pan sauce** and stir together. Spoon **pan sauce** over **chicken**.

Dinner Solved!