



# Pan-Seared Chicken

with Roasted Potatoes and Creamy Dill Sauce

Family Friendly

35 Minutes



Chicken Breasts



Yellow Potato



Sour Cream



Green Beans, trimmed



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	360 g	720 g
Sour Cream	6 tbsp	12 tbsp
Green Beans, trimmed	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, 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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## Roast potatoes

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



## Prep

While **potatoes** roast, add **5 cups water** and **1 tsp salt** (dbl for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. While **water** comes to a boil, finely chop **dill**. 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** (dbl for 4 ppl), then **chicken**. Sear until **chicken** is golden-brown, 1-2 min per side. Transfer **chicken** to another baking sheet. Bake in the **top** of the oven until **chicken** is cooked through, 6-8 min.\*\*



## Make sauce

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



## Cook green beans

Add **green beans** to the **boiling water**. Cook, stirring occasionally, until tender-crisp, 1-2 min. Drain and return **green beans** to the same pot, off heat. Add **1 tbsp butter** (dbl for 4 ppl). Season with **salt** and **pepper**, then 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!