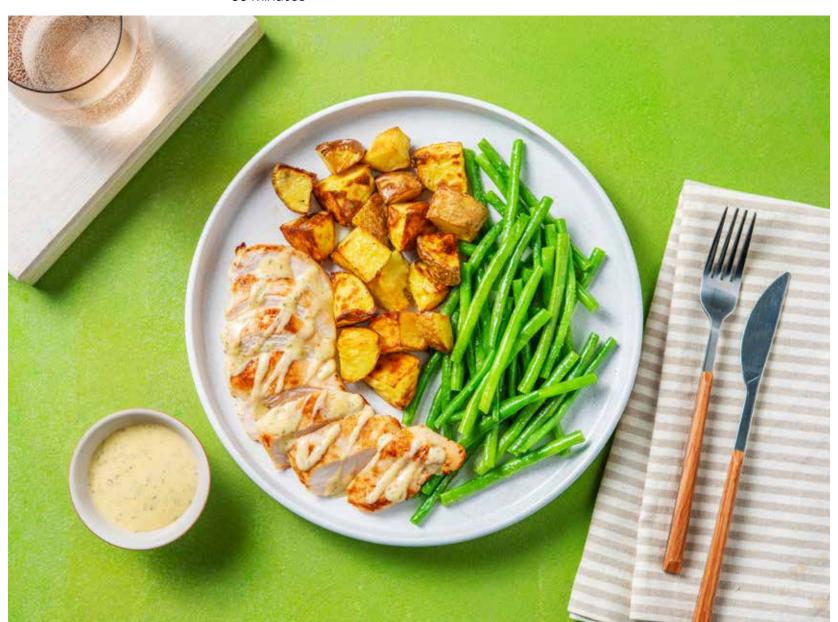


Pan-Seared Chicken

with Roasted Potatoes and Creamy Dill Sauce

35 Minutes









Russet Potato



Green Beans





Dill-Garlic Spice



Sour Cream

Dijon Mustard



Chicken Broth Concentrate

Start here

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

Bust out

2 Baking sheets, medium bowl, colander, measuring spoons, medium pot, measuring cups, whisk, large nonstick pan, paper towels

Ingredients

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	2 Person	4 Person
Chicken Breasts •	2	4
Russet Potato	460 g	920 g
Green Beans	170 g	340 g
Sour Cream	6 tbsp	12 tbsp
Dill-Garlic Spice Blend	1 tsp	2 tsp
Dijon Mustard	½ tbsp	1 tbsp
Chicken Broth Concentrate	1	2
Unsalted Butter*	2 tbsp	4 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 the website or app for the as-prepared recipe nutritional information.

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

Contact

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Roast potatoes

- Cut potatoes into 1-inch pieces.
- Add **potatoes** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. (TIP: Line the baking sheet with parchment for easy cleanup!) Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until golden-brown and tender, 25-28 min.



Prep

- Meanwhile, 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.
- Meanwhile, trim green beans.
- Pat chicken dry with paper towels, then season with salt, pepper and half the Dill-Garlic Spice Blend.



Cook chicken

- Heat a large non-stick pan over mediumhigh heat.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until **chicken** is goldenbrown, 1-2 min per side.
- Transfer chicken to another unlined baking sheet.
- Bake in the **top** of the oven until **chicken** is cooked through, 10-12 min.**



Cook green beans

- Meanwhile, 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.



Make creamy dill sauce

- Add broth concentrate, sour cream, Dijon, remaining Dill-Garlic Spice Blend and ½ cup water (dbl for 4 ppl) to a medium bowl. Season with pepper, then whisk until smooth.
- Heat the same pan (from step 3) over medium-low.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted, 1 min.
- Add **broth mixture**. Bring to a simmer.
- Simmer, stirring often, until **sauce** thickens slightly, 1-2 min.



Finish and serve

- Thinly slice chicken.
- Divide **chicken**, **potatoes** and **green beans** between plates.
- Drizzle creamy dill sauce over chicken.

Dinner Solved!