



Pan-Seared Chicken

with Roasted Potatoes and Creamy Dill Sauce

35 Minutes



Chicken Breasts



Russet Potato



Green Beans



Sour Cream



Dill-Garlic Spice Blend



Dijon Mustard



Chicken Broth Concentrate

HELLO DIJON MUSTARD

A style of prepared mustard originating from, you guessed it, Dijon, France!

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 non-stick pan, paper towels

Ingredients

	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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hello@hellofresh.ca

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1



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 clean-up!) 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.

4



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.

2



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**.

5



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.

3



Cook chicken

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until **chicken** is golden-brown, 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.**

6



Finish and serve

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

Dinner Solved!