



More than Food

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Pan-Seared Garlic Chicken with Crispy Broccoli and Potatoes Huancaína

Potatoes huancaína is a traditional Peruvian side dish consisting of silky Yukon potatoes smothered in a spicy, cheesy sauce. Our method of smashing garlic and jalapeño together releases maximum flavor from the ingredients, all the while ensuring a smooth and creamy sauce.



35 min



level 2



nut free



gluten free



Chicken Breasts



Yukon Potatoes



Broccoli Florets



Jalapeño



Lime



Garlic



Chives



Cream Cheese



Garlic Powder

Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Yukon Potatoes	12 oz	24 oz
Broccoli Florets	6 oz	12 oz
Jalapeño 	1	2
Lime	1	2
Garlic	2 cloves	4 cloves
Chives	¼ oz	½ oz
Cream Cheese	1)	4 oz
Garlic Powder	1 t	2 t
Oil*	2 T	4 T

*Not Included

Allergens

1) Milk

Tools

Baking Sheet,
Medium Pot,
Zester, Large Pan,
Strainer, Small Bowl

Ruler

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Nutrition per person Calories: 585 cal | Carbs: 43 g | Fat: 27 g | Protein: 48 g | Fiber: 7 g | Sodium: 276 mg

Make sure to wash and dry produce before prepping or cooking!



1 Preheat the oven to 400 degrees. Take the **chicken** out of the refrigerator to come to room temperature. Place the **potatoes** in a medium pot with a pinch of **salt** and enough water to cover. Bring to a boil and cook 25-30 minutes, or until easily pierced with a knife. Drain and let cool slightly.



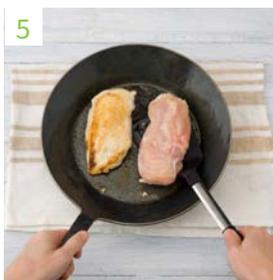
2 **Roast the broccoli:** Toss the **broccoli florets** on a baking sheet with a drizzle of **oil**. Season with **salt** and **pepper** and place in the oven for 20-25 minutes, tossing halfway through cooking, until golden brown and crispy on the edges.

3 Meanwhile, mince the **chives**. Mince or grate the **garlic**. Zest and halve the **lime**. Mince the **jalapeño**, removing the seeds and ribs if you prefer less heat.

TIP: Make sure to thoroughly wash hands and surfaces after handling the **jalapeño**. The heat is transferable and can burn more than your throat!



4 **Make the huancaína sauce:** place the **garlic**, **jalapeño**, a pinch of **salt** and a drizzle of **oil** in a small pile on your cutting board. Using the side of your knife, form a paste by scraping the mixture back and forth across the cutting board while applying pressure. In a small bowl, combine the **jalapeño-garlic paste**, **cream cheese**, **lime zest**, **lime juice**, **half the chives**, and **1 Tablespoon oil**. Stir in enough water to thin to a yogurt-like consistency (start with 1 teaspoon and go up from there). Season with **salt** and **pepper**.



5 **Cook the chicken:** Heat a drizzle of **oil** in a large pan over medium-high heat. Season the **chicken** on all sides with **garlic powder**, **salt**, and **pepper**. Add the **chicken** to the pan and cook 5-6 minutes per side, until cooked through and the juices run clear when pierced with a knife. Let rest for a few minutes, then thinly slice.

6 Slice the drained **potatoes** into ¼-inch slices. Plate the **potatoes**, **broccoli**, and the **chicken**. Drizzle the **huancaína sauce** over the potatoes and garnish with the remaining **chives**. Enjoy!