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Chicken Paillard

with Mustard Potato and Green Bean Salad

Mustard is one of our favorite secret weapons in the kitchen; it instantly adds a mellow, tangy punch to anything it touches. It's perfectly folded into this warm potato salad. Quick-cooking chicken paillard helps put this dinner on the table in no time at all!



30 min



level 1



nut free



gluten free



Chicken Breasts



Yukon Potatoes



Red Onion



Parsley



Celery



Green Beans



Whole Grain Mustard



Red Wine Vinegar



Sour Cream

Ingredients	2 People	4 People
Chicken Breasts	12 oz	24 oz
Yukon Potatoes	12 oz	24 oz
Red Onion	1	1
Parsley	¼ oz	½ oz
Celery	1 stalk	2 stalks
Green Beans	6 oz	12 oz
Whole Grain Mustard	1 tsp	2 tsp
Red Wine Vinegar	½ T	1 T
Sour Cream	1 oz	2 oz
Olive Oil*	2 T + 1 t	4 T + 2 t

*Not Included

Allergens

1) Milk

Tools

Medium Pot, Large Pan, Strainer, Slotted Spoon, Plastic Wrap, Large Bowl

Ruler

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Nutrition per person Calories: 541 cal | Fat: 21 g | Sat. Fat: 4 g | Protein: 46 g | Carbs: 43 g | Sugar: 7 g | Sodium: 237 mg | Fiber: 7 g

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



1 Cook the potatoes: Cut the **potatoes** into ¾-inch cubes. Place the potatoes in a medium pot with a large pinch of **salt** and enough water to cover. Bring the water to a boil and cook the potatoes for about 15 minutes, until fork tender. Remove with a slotted spoon, keeping the water boiling on the stove.



2 Prep the ingredients: Meanwhile, halve, peel and mince ¼ cup **red onion**. Finely dice the **celery**. Finely chop the **parsley** leaves. Halve the **green beans** lengthwise.

3 Butterfly the chicken breasts: With your hand on top of the **chicken** breast, slice carefully into the center of the meat, parallel to your cutting board, until the chicken is sliced almost through. Open the chicken like a book and season all sides with **salt** and **pepper**. Repeat with the other chicken breast. Place the chicken between two pieces of plastic wrap and pound with a mallet or heavy pan until the chicken is ½-inch thick.



4 Cook the chicken: Heat a drizzle of **oil** in a large pan over medium-high heat. Working in batches, if necessary, add the **chicken** to the pan and cook for 3-4 minutes per side, until fully cooked through. Set aside to rest for 5 minutes, then thinly slice against the grain.

5 Cook the beans: Add the **green beans** to the same pot used for the potatoes and cook for 2-3 minutes, until just tender. Drain the beans and rinse under cold water.



6 Make the potato salad: In a large bowl, mix together the **sour cream**, **1 teaspoon mustard**, **½ Tablespoon vinegar** (make sure to measure, we've sent more), **2 Tablespoons olive oil**, and a pinch of **salt** and **pepper**. Carefully toss in the **potatoes**, **celery**, **chopped parsley**, **green beans**, and **minced onion** (to taste).

7 Plate: Serve the **sliced chicken** on a bed of **mustard potato** and **green bean salad** and enjoy!