



APR  
2016

## Pan-Seared Chicken

with Roasted Potatoes, Green Beans, and Creamy Dill Sauce

We've cracked the code to creating crowd-pleasing dinners, sauce! Everyone loves a creamy sauce draped over juicy chicken, steak, or pork chops. This sauce is spiked with a touch of mustard and fresh dill for brightness.



Prep: 10 min  
Total: 30 min



level 1



nut  
free



gluten  
free



Chicken Breasts



Yukon Potatoes



Sour Cream



Green Beans



Dill



Dijon Mustard



Chicken Stock  
Concentrate

## Ingredients

Chicken Breast	24 oz
Yukon Potatoes	24 oz
Sour Cream	1) 8 T
Green Beans	12 oz
Dill	¼ oz
Dijon Mustard	2 t
Chicken Stock Concentrate	2
Oil*	4 t

## 4 People

\*Not Included

## Allergens

1) Milk

## Tools

Medium pot, Baking sheet, Large pan, Strainer

Ruler

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**Nutrition per person** Calories: 455 cal | Fat: 13 g | Sat. Fat: 4 g | Protein: 46 g | Carbs: 39 g | Sugar: 5 g | Sodium: 421 mg | Fiber: 6 g



**1 Prep the ingredients: Wash and dry all produce.** Preheat the oven to 450 degrees. Bring a medium pot of **salted water** to a boil. Finely chop the **dill**. Trim the ends of the **green beans**. Cut the **potatoes** into ½-inch cubes. Toss the **potatoes** on a baking sheet with a large drizzle of **oil** and a pinch of **salt** and **pepper**. Place in the oven for 20-25 minutes, tossing halfway through cooking, until crispy and golden brown.



**2 Pound the chicken:** Place each chicken breast between two pieces of plastic wrap and pound with a mallet or large pan until ½-inch thick.



**3 Cook the chicken:** Heat a large drizzle of **oil** in a large pan over medium heat. Season the **chicken** on all sides with **salt** and **pepper**. Add the **chicken** to the pan and cook for 5-6 minutes per side, until golden brown and cooked through. Set aside to rest for 5 minutes.



**4 Cook the green beans:** Add the **green beans** to the boiling water and cook for 3-4 minutes, until crisp-tender. Drain, then season with **salt** and **pepper**.

**5 Make the creamy dill sauce:** Add the **sour cream**, **2 teaspoons Dijon mustard**, **1 teaspoon chopped dill**, **¼ cup water**, and **the chicken stock concentrates** to the same pan over low heat. Stir to combine and season with **salt** and **pepper**.

**6 Plate and serve:** Thinly slice the **chicken** and serve alongside the **roasted potatoes** and **green beans**. Drizzle the **creamy dill sauce** over the plate. Garnish with the **remaining dill** and enjoy!

Share your masterpiece! Tag your photos with #HelloFreshPics and share on you'll be entered into our weekly photo contest!

