



Pan-Seared Chicken

with Smashed Potatoes, Roasted Green Beans and Rosemary Pan Sauce

30 Minutes



Chicken Breasts



Shallot



Green Beans



Red Potato



Rosemary



Garlic



Chicken Demi-Glace



All-Purpose Flour

Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

HELLO SMASHED POTATOES

Leaving these potatoes a little chunky makes for a hearty and delicious side dish

Start here

- Before starting, preheat the oven to 400°F.
- Wash and dry all produce.

Bust Out

Baking sheet, measuring spoons, potato masher, strainer, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Shallot	50 g	100 g
Green Beans	170 g	340 g
Red Potato	300 g	600 g
Rosemary	1 sprig	1 sprig
Garlic	6 g	12 g
Chicken Demi-Glace	1	2
All-Purpose Flour	1 tbsp	1 tbsp
Milk*	¼ cup	½ cup
Unsalted Butter*	3 tbsp	6 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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

Share your photos #HelloFreshLife
Call or email us | (855) 272-7002
hello@hellofresh.ca
HelloFresh.ca



Cook potatoes

Cut **potatoes** into ½-inch pieces. Combine **potatoes**, **2 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot. Cover and bring to a boil over high heat. Once boiling, reduce the heat to medium. Simmer, uncovered, until fork-tender, 10-12 min.



Make pan sauce

While **chicken** cooks, peel, then thinly slice the **shallot**. Peel, then mince or grate **garlic**. Heat the same pan over medium heat. When pan is hot, add **1 tbsp butter** (dbl for 4 ppl) and swirl pan until melted. Add **shallots**, **garlic** and **remaining rosemary**. Cook, stirring often, until **shallots** are golden-brown, 2-3 min. Sprinkle over **½ tbsp flour** (dbl for 4 ppl) and stir to coat, 1 min. Add **demi-glace** and **½ cup water** (dbl for 4 ppl). Stir until **sauce** comes together, 2-3 min. Season with **salt** and **pepper**.



Start chicken

While **potatoes** cook, trim **beans**. Finely chop **2 tsp** (dbl for 4 ppl) **rosemary leaves**. Pat **chicken** dry with paper towels, then sprinkle with **half the rosemary**. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Pan-fry until golden, 2-3 min per side.



Smash potatoes

When **potatoes** are fork-tender, drain and return them to the same pot, off the heat. Using masher, roughly mash in **2 tbsp butter** and **¼ cup milk** (dbl both for 4 ppl), until slightly mashed. Season with **salt** and **pepper**.



Roast chicken and beans

Remove pan from heat, then transfer **chicken** to one side of a baking sheet. On the other side of the baking sheet, toss **beans** with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Roast in the **middle** of the oven, tossing **beans** halfway through cooking, until **beans** are golden-brown and **chicken** is cooked through, 12-14 min.**



Finish and serve

Divide **potatoes**, **beans** and **chicken** between plates. Add any **juices** from the baking sheet to the pan with **pan sauce** and stir together. Spoon the **pan sauce** over **chicken**.

Dinner Solved!