



# Pan-Seared Chicken

with Roasted Potatoes, Green Beans and Creamy Dill Sauce

Family

35 Minutes



Chicken Breasts



Yellow Potato



Sour Cream



Green Beans



Dill



Dijon Mustard



Chicken Broth Concentrate

## HELLO DILL SAUCE

*This creamy sauce is spiked with a touch of mustard and fresh dill*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust Out

2 Baking sheets, measuring spoons, strainer, medium pot, measuring cups, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts	2	4
Yellow Potato	300 g	600 g
Sour Cream	6 tbsp	9 tbsp
Green Beans	170 g	340 g
Dill	7 g	7 g
Dijon Mustard	½ tbsp	1 tbsp
Chicken Broth Concentrate	1	2
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F

## 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.*

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## Roast potatoes

Cut **potatoes** into 1-inch pieces. Toss **potatoes** with **1 tbsp oil** (dbl for 4 ppl) on a baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, until **potatoes** are golden-brown, 25-28 min.



## Prep

While **potatoes** roast, add **5 cups water** and **1 tsp salt** to a medium pot (dbl for 4 ppl). Cover and bring to a boil over high heat. While water comes to a boil, finely chop **dill**. Trim **green beans**. Pat **chicken** dry with paper towels, then season with **salt** and **pepper**.



## Cook chicken

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil**, then the **chicken**. Sear, until **chicken** is golden-brown, 2-3 min per side. Transfer to another baking sheet. Bake in the **top** of the oven, until **chicken** is cooked through, 10-12 min.\*\*



## Make sauce

While the **chicken** bakes, heat the same pan over low heat. Add **broth concentrate**, **sour cream**, **mustard**, **2 tsp dill** and **¼ cup water** (dbl both for 4 ppl). Whisk together, until **sauce** starts to simmer, 1-2 min.



## Cook green beans

Add **green beans** to the medium pot with **boiling water**. Cook, stirring occasionally, until **green beans** are tender-crisp, 1-2 min. Drain **green beans** and return to the same pot, off heat. Add **1 tbsp butter** (dbl for 4 ppl) and season with **salt** and **pepper**. Stir to coat.



## Finish and serve

Thinly slice **chicken**. Divide **chicken**, **roasted potatoes** and **green beans** between plates. Drizzle **creamy dill sauce** over **chicken**. Sprinkle any **remaining dill** over top, if desired.

## Dinner Solved!