



JUN
2016

Pan-Seared Chicken

with Peppercorn Sauce, Mashed Sweet Potato, and Roasted Broccolini

After testing hundreds of recipes in the HelloFresh test kitchen, we've come up with a formula for the perfect recipe. Meat + sauce + potatoes + veggies! We know, it's a groundbreaking discovery. This twist incorporates one of our favorite sauces, a creamy peppercorn sauce. It's great on just about everything!



Prep: 10 min
Total: 30 min



level 1



nut free



gluten free



Chicken Breasts



Sweet Potato



Broccolini



Chicken Stock
Concentrate



Black
Peppercorns



Sour Cream



Shallot

Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Sweet Potato	12 oz	24 oz
Broccolini	6 oz	12 oz
Chicken Stock Concentrate	1	2
Black Peppercorns	1 t	2 t
Sour Cream	1) 2 T	4 T
Shallot	1	2
Butter*	1) 1 T	2 T
Oil*	2 t	4 t

*Not Included

Allergens

1) Milk

Tools

Peeler, Large pot, Large pan, Strainer, Baking sheet

Nutrition per person Calories: 522 cal | Fat: 16 g | Sat. Fat: 6 g | Protein: 48 g | Carbs: 49 g | Sugar: 12 g | Sodium: 408 mg | Fiber: 9 g

Ruler

0 in 1/4 in 1/2 in 3/4 in 1 in



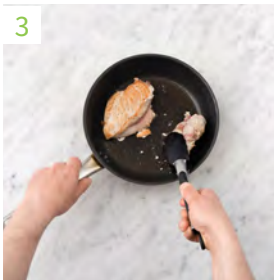
1

1 Prep the potatoes: Wash and dry all produce. Preheat the oven to 400 degrees. Crush the **black peppercorns** inside the bag with a mallet or heavy pan until finely crushed. Halve, peel, and mince the **shallot**. Peel and cut the **sweet potato** into 1/2-inch cubes. Place them in a pot with enough water to cover by 2 inches. Bring to a boil, and cook for 10-15 minutes, until fork-tender. Drain and return to the same pot.



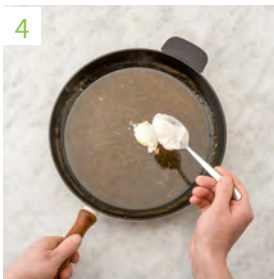
2

2 Roast the broccolini: Toss the **broccolini** on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Place in the oven for about 15 minutes, until slightly crispy.



3

3 Cook the chicken: Heat a drizzle of **oil** in a large pan over medium-high heat. Season the **chicken** on all sides with **salt**. Add to the pan and cook for 3-4 minutes per side, until browned but not yet cooked through. Transfer the chicken to the baking sheet in the oven to finish cooking for about 5 minutes. Let it rest for 5 minutes before serving.



4

4 Make the peppercorn sauce: Add the minced **shallot** to the same pan over medium heat. Cook, tossing for 1-2 minutes, until softened. Add in the **stock concentrate** and **1 cup water**, scraping up the browned bits from the bottom of the pan. Bring to a boil and simmer until thickened and reduced by half. Remove the pan from the heat, then stir in the **sour cream** and as much **black peppercorn** as you like. Season to taste with **salt** and **pepper**.

5 Mash the sweet potatoes: Mash the **sweet potatoes** with a fork or potato masher until smooth. Stir in **1 Tablespoon butter** and season to taste with **salt** and **pepper**. Reheat over medium heat, if necessary.

6 Serve: Thinly slice the **pan seared chicken** and serve alongside the **roasted broccolini** and **mashed sweet potatoes**. Drizzle the **peppercorn sauce** over the dish and enjoy!

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

