

Roman Chicken

with Mashed Potatoes

Juicy chicken is nestled in a delicious tomato and bell pepper sauce. It's a perfect weeknight dish that's super quick and easy, but also exceptionally delicious. To soak up all that sauce, we've served it over creamy mashed potatoes, but it goes equally well over pasta or even rice.



30 min





gluten-





















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Chicken Breasts		2	4
Yellow Bell Pepper		1	2
Red Bell Pepper		1	2
Onion		1	2
Garlic		2 cloves	4 cloves
Diced Tomatoes		1 can	2 cans
Thyme		1 sprig	2 sprigs
Parsley		1 bunch	2 bunches
Idaho Potato		12 oz	24 oz
Stock Concentrate		1	2
Olive Oil*		1 T	2 T
Butter*	7)	1 T	2 T
Nutrition per person Cal	ories: 589 Ca	rbs: 55 g Fat: 19 g I	Protein: 47g Fiber: 9g

2 Papple

*Not included Allergens 7) Milk



Peel and cut the potato into 1/2-inch cubes and place them in a pot with water and a large pinch of salt. Bring to a boil, reduce to a simmer, and cook for 15 minutes, or until easily pierced with a knife. Drain and mash with a fork, 1 tablespoon butter, and a splash of water (or milk, if handy). Season with salt and pepper.

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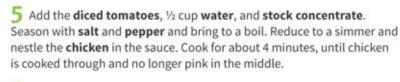
Meanwhile, core, seed, and devein the bell peppers, then thinly slice. Halve, peel, and thinly slice the onion. Mince or grate the garlic. Strip the leaves off the thyme sprig. Finely chop the parsley.



Heat 1/2 tablespoon of olive oil in a pan over medium heat. Season each chicken breast with salt and pepper. Sear for 2-3 minutes on each side, until golden brown. Set aside.



In the same pan you cooked the chicken in, heat another ½ tablespoon olive oil over medium heat. Add the onions and peppers and season with salt and pepper. Cook for about 6 minutes, until slightly softened. Add the thyme leaves and garlic and cook for 30 seconds, until fragrant.





Serve the mashed potatoes with a chicken breast to the side. Top with a spoonfull sauce and a sprinkle of parsley.