



CREAMY DILL CHICKEN

with Roasted Potatoes and Green Beans



HELLO

CREAMY DILL SAUCE

Drizzle it on chicken for a dose of tangy richness and fresh, herby flavor.



Dill



Yukon Gold Potatoes



Sour Cream
(Contains: Milk)



Chicken Stock Concentrates



Green Beans



Chicken Breasts



Dijon Mustard

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 430**

START STRONG

Dill has a strong flavor that may not be friendly to all palates, especially younger ones. We recommend leaving it off the kids' plates as a garnish. You may want to omit it from the sauce as well.

BUST OUT

- 2 Baking sheets
- Large pan
- Paper towel
- Vegetable oil (2 TBSP)

INGREDIENTS

Ingredient 4-person

- | | |
|------------------------------|--------|
| • Dill | ¼ oz |
| • Yukon Gold Potatoes | 24 oz |
| • Chicken Breasts | 24 oz |
| • Green Beans | 12 oz |
| • Sour Cream | 4 TBSP |
| • Chicken Stock Concentrates | 2 |
| • Dijon Mustard | 2 tsp |

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1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to upper position and preheat oven to 450 degrees. Pick fronds from **dill**; discard stems. Finely chop fronds. Cut **potatoes** into ½-inch cubes.



2 ROAST POTATOES

Toss **potatoes** on a baking sheet with a large drizzle of **oil** and a pinch of **salt** and **pepper**. Roast in oven until crisp and browned, 22-25 minutes, tossing halfway through.



3 COOK CHICKEN

Heat a large drizzle of **oil** in a large pan over medium heat. Pat **chicken** dry with a paper towel. Season all over with **salt** and **pepper**. Add to pan and cook until no longer pink in center, 4-6 minutes per side. Remove chicken from pan and set aside to rest. Remove pan from heat.



4 ROAST GREEN BEANS

While chicken cooks, toss **green beans** on another baking sheet with a large drizzle of **oil** and a pinch of **salt** and **pepper**. Roast in oven until tender, 10-12 minutes.



5 MAKE SAUCE

Add **1 tsp dill**, **sour cream**, **stock concentrates**, **mustard**, and **¼ cup water** to pan used for chicken off heat. Stir, scraping up any browned bits on bottom. Season with **salt** and **pepper**. **TIP:** If sauce seems thick, add more water, 1 tsp at a time, until it has a drizzly consistency.



6 PLATE AND SERVE

Thinly slice **chicken**, then divide between plates along with **potatoes** and **green beans**. Drizzle **sauce** over everything. Garnish with remaining **dill** (to taste—you may want to skip this for the kids).

FRESH TALK

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