



EMERIL LAGASSE'S HERBY DIJON CHICKEN BREASTS with Zucchini and Red Potatoes



HELLO
EAT (RED) SAVE LIVES
You're a key ingredient in the fight against AIDS

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 550



Red Potatoes



Garlic



Lemon



Parsley



White Pepper



Dijon Mustard



Shallot



Zucchini



Tarragon



Chicken Breasts



Chicken Stock Concentrate



Sour Cream
(Contains: Milk)

START STRONG

Encouragement from (RED) Chef Ambassador Emeril Lagasse: *I'm excited for home cooks across the country to raise a lot of money and help save a lot of lives.*

BUST OUT

- Medium pot
- Strainer
- Small bowl
- 2 Large pans
- Olive oil (2 TBSP | 4 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|-----------------------------|---------------------|
| • Red Potatoes | 10 oz 20 oz |
| • Shallot | 1 2 |
| • Tarragon | ¼ oz ¼ oz |
| • Parsley | ¼ oz ¼ oz |
| • Zucchini | 1 2 |
| • Garlic | 2 Cloves 4 Cloves |
| • Lemon | 1 2 |
| • Chicken Breasts | 12 oz 24 oz |
| • White Pepper | Pinch Pinch |
| • Chicken Stock Concentrate | 1 1 |
| • Dijon Mustard | 1 tsp 2 tsp |
| • Sour Cream | 4 TBSP 6 TBSP |

HELLO WINE



PAIR WITH
Tornambe IGP Puglia
Sangiovese, 2015

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 BOIL POTATOES

Wash and dry all produce. Halve **potatoes**, then place in a medium pot with a large pinch of **salt** and enough water to cover by 1 inch. Bring to a boil, then lower heat and reduce to a simmer. Cook until just tender, about 6 minutes. Drain.



4 COOK VEGGIES

Heat **1 TBSP olive oil** in another large pan over medium heat. Add **potatoes**, cut-side down, along with **garlic**. Increase heat to medium-high and cook until potatoes start to brown, about 2 minutes. Add **zucchini** and cook, tossing, until lightly browned and tender, about 6 minutes. Season with **salt** and **pepper**. Remove pan from heat and stir in half the **tarragon** and **parsley**.



2 PREP

Meanwhile, peel, halve, and finely chop **shallot** until you have 1 TBSP. Chop **tarragon** and **parsley** until you have 1 TBSP of each. Halve **zucchini** lengthwise, then slice crosswise into 1½-inch-long pieces. Using the back of a chef's knife, smash **garlic**, then cut each clove in half. Halve **lemon**, then squeeze 1 TBSP juice into a small bowl.



5 MAKE SAUCE

Stir **shallot**, **stock concentrate**, reserved **lemon juice**, and ½ **cup water** into pan with **chicken**. Let cook until chicken is no longer pink in center, about 4 minutes longer. Transfer chicken to a plate, keeping sauce in pan. Whisk **1 tsp mustard** into pan (we sent more), then bring mixture to a boil. Reduce heat to medium and let simmer until reduced to a saucy consistency, 2-3 minutes.



3 COOK CHICKEN

Heat **1 TBSP olive oil** in a large pan over medium-high heat. Season **chicken** all over with **salt** and a pinch of **white pepper** (we sent more). Add to pan and sear until browned, 4 minutes per side.



6 FINISH AND PLATE

Once **sauce** has reduced, stir in remaining **tarragon** and **parsley**. Remove pan from heat. Stir in **sour cream**. Divide **veggies** and **chicken** between plates. Spoon sauce over **chicken** and serve.

1 GOAL!

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