



CRISPY-SKINNED CHICKEN

with Smashed Potatoes, Roasted Green Beans and Rosemary Pan Sauce

PRONTO



HELLO

SMASHED POTATOES

Leaving these potatoes a little chunky makes for a hearty and delicious winter side



Chicken Breasts, Skin-On



Leek, sliced



Green Beans, trimmed



Baby Red Potatoes



Rosemary



Garlic



Chicken Demi-Glace

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 517

BUST OUT

- Baking Sheet
- Garlic Press
- Large Non-Stick Pan
- Measuring Cups
- Measuring Spoons
- Medium Pot
- Potato Masher
- Strainer
- Milk **2** (3 tbsp | 6 tbsp)
- Butter **2** (3 tbsp | 6 tbsp)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Chicken Breasts, Skin-On 340 g | 680 g
- Leek, sliced 56 g | 113 g
- Green Beans, trimmed 170 g | 340 g
- Baby Red Potatoes 340 g | 680 g
- Rosemary 10 g | 10 g
- Garlic 10 g | 20 g
- Chicken Demi-Glace **2,9** 1 | 2

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 165°F.



START STRONG

Preheat the oven to **400°F** (to roast the green beans and chicken). Start prepping when the oven comes up to temperature!



1 BOIL POTATOES Wash and dry all produce.* Cut the **potatoes** in half or in quarters if they are larger. In a medium pot, combine the potatoes with enough **salted water** to cover. Cover and bring to a boil over medium-high heat. Cook until the potatoes are fork-tender, 16-18 min.



4 MAKE PAN SAUCE Meanwhile, mince or grate the **garlic**. Strip a few **rosemary leaves** from the stems and finely chop **2 tsp** (double for 4 ppl). Heat the same pan over medium heat. Add **1 tbsp butter** (double for 4 ppl). Swirl pan to melt. Add **leeks**, garlic and rosemary. Cook until the leeks soften, 2-3 min. Add the **demi-glace(s)** and **½ cup water** (double for 4 ppl). Stir until sauce comes together, 2-3 min.



2 START CHICKEN Meanwhile, pat the **chicken** dry with paper towel. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the chicken, skin-side down. Cook until the skin is golden-brown, 2-3 min. Transfer the chicken, skin-side up, to one side of a baking sheet.



5 SMASH POTATOES Drain the **potatoes** and return them to the same pot. Using a fork or potato masher, roughly mash **2 tbsp butter** (double for 4 ppl) and **3 tbsp milk** (double for 4 ppl) into the potatoes until the potatoes are slightly mashed. (**NOTE:** 'Smashed' potatoes still have a few chunks!) Season with **salt** and **pepper**.



3 ROAST CHICKEN On the other side of the baking sheet, toss the **beans** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, tossing the beans halfway through cooking, until the beans are golden-brown and the **chicken** is cooked through, 15-17 min. (**TIP:** Cook each chicken breast to a minimum internal temp. of 165°F, as size may vary.**)



6 FINISH AND SERVE Divide the **smashed potatoes**, **roasted green beans** and **chicken** between plates. Spoon the **rosemary pan sauce** over the chicken.

SAUCY!

Who among us doesn't love a savoury sauce? Rosemary, leeks and butter make up this winner!