



JUL
2016

Pan-Seared Chicken

with Yukon Potatoes, Green Beans, and Creamy Dill Sauce

We've cracked the code to creating crowd-pleasing dinners: sauce! Everyone loves a creamy sauce draped over juicy chicken. This sauce is spiked with a touch of Dijon mustard and fresh dill for brightness.



Prep: 10 min
Total: 30 min



level 1



nut free



gluten free



Chicken Breasts



Yukon Potatoes



Green Beans



Sour Cream



Chicken Stock
Concentrate



Dill



Dijon Mustard

Ingredients

	2 People	4 People
Chicken Breasts	12 oz	24 oz
Yukon Potatoes	12 oz	24 oz
Green Beans	6 oz	12 oz
Sour Cream	1) 2 T	4 T
Chicken Stock Concentrate	1	2
Dill	1/4 oz	1/4 oz
Dijon Mustard	1 t	2 t
Oil*	1 T	2 T

*Not Included

Allergens

1) Milk

Tools

2 Baking sheets, Large pan

Nutrition per person Calories: 453 cal | Fat: 13 g | Sat. Fat: 3 g | Protein: 46 g | Carbs: 38 g | Sugar: 5 g | Sodium: 462 mg | Fiber: 6 g



1 Prep: Wash and dry all produce. Preheat the oven to 450 degrees. Finely chop the **dill**. Cut the **potatoes** into 1/2-inch cubes. Toss the **potatoes** on a baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Place in the oven for 22-25 minutes, tossing halfway through cooking, until crispy and golden brown. Trim the ends of the **green beans**.

2 Cook the chicken: Heat a drizzle of **oil** in a large pan over medium heat. Season the **chicken** on all sides with **salt** and **pepper**. Add the **chicken** to the pan and cook for 5-6 minutes per side, until golden brown and cooked through. Set aside to rest for 5 minutes.

3 Cook the green beans: Meanwhile, toss the **green beans** on another baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Place in the oven to roast for 10-12 minutes, until tender.

4 Make the creamy dill sauce: Add the **sour cream**, **stock concentrate**, **1 teaspoon Dijon mustard**, **1 teaspoon chopped dill**, and **2 Tablespoons water** to the same pan and stir to combine. Season with **salt** and **pepper**. Thin with a few teaspoons of water, if necessary, to reach the desired consistency. Remove the pan from heat.

5 Plate and serve: Reheat the **sauce** if necessary. Thinly slice the **pan-seared chicken** and serve alongside the **crispy potatoes** and **green beans**. Drizzle the **creamy dill sauce** over the plate. Garnish with the remaining **dill**, if desired, and enjoy!

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

