



Pan-Seared Chicken

with Roasted Potatoes and Creamy Dill Sauce

Family Friendly 35-45 Minutes

Customized Protein **+** Add **↻** Swap or ***2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)

↻ Swap	↻ Swap
Chicken Thighs 280 g 560 g	Tofu 1 2
Chicken Breasts 2 4	Russet Potato 2 4
Green Beans 170 g 340 g	Dill 7 g 7 g
Sour Cream 6 tbsp 12 tbsp	Dijon Mustard 1 tsp 2 tsp
Chicken Broth Concentrate 1 2	



Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities 56 g | 113 g
2 person | 4 person

1



Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

- Cut **potatoes** into 1-inch pieces.
- Add **potatoes** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. (**TIP:** Line the baking sheet with parchment for easy clean-up!)
- Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until **potatoes** are golden-brown and tender, 25-28 min.

2



Prep

Swap | Chicken Thighs

Swap | Tofu

- Meanwhile, add **5 cups** (10 cups) **water** and **1 tsp** (2 tsp) **salt** to a medium pot. Cover and bring to a boil over high heat.
- While water comes to a boil, finely chop **dill**.
- Trim **green beans**.
- Pat **chicken** dry with paper towels, then season with **salt** and **pepper**.

3



Cook chicken

Swap | Tofu

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add **½ tbsp** (1 tbsp) **oil**, then **chicken**. Sear until golden-brown, 1-2 min per side.
- Transfer to another unlined baking sheet.
- Bake in the **top** of the oven until cooked through, 10-12 min.**

4



Cook green beans

- Meanwhile, add **green beans** to the boiling water. Cook, stirring occasionally, until tender-crisp, 1-2 min.
- Drain and return **green beans** to the same pot, off heat.
- Add **1 tbsp** (2 tbsp) **butter**. Season with **salt** and **pepper**, then stir to coat.

5



Make creamy dill sauce

- Reheat the same pan (from step 3) over medium-low.
- When the pan is hot, add **1 tbsp** (2 tbsp) **butter**, then swirl until melted, 1 min.
- Add **broth concentrate**, **sour cream**, **1 tsp** (2 tsp) **Dijon** and **¼ cup** (½ cup) **water**, then whisk together.
- Simmer, stirring often, until **sauce** thickens slightly, 1-2 min.
- Remove from heat, then stir in **2 tsp** (4 tsp) **dill**.

6



Finish and serve

Swap | Tofu

- Thinly slice **chicken**.
- Divide **chicken**, **potatoes** and **green beans** between plates.
- Drizzle **creamy dill sauce** over **chicken**.
- Sprinkle **any remaining dill** over top, if desired.

2 | Prep and cook chicken

Swap | Chicken Thighs

If you've opted to get **chicken thighs**, prepare, cook and plate them in the same way the recipe instructs you to prepare and cook the **chicken breasts****

2 | Prep tofu

Swap | Tofu

If you've opted to get **tofu**, pat dry with paper towels. Cut **tofu** in half parallel to the cutting board. (**NOTE:** You will have two square tofu 'steaks' per block.) Season **tofu** in the same way the recipe instructs you to season the **chicken breasts**.

3 | Cook tofu

Swap | Tofu

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **tofu**. Pan-fry until golden, 2-3 min per side. Transfer **tofu** to a plate. Cover to keep warm. No need to bake **tofu** after pan-frying.

6 | Finish and serve

Swap | Tofu

Plate **tofu** in the same way the recipe instructs you to plate the **chicken breasts**.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



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