

# HELLO Pan-Seared Chicken with Posted Petatos and Crosm

with Roasted Potatoes and Creamy Dill Sauce

Family Friendly

35-45 Minutes





Thighs • 280 g | 560 g

1 | 2





2 | 4

**Russet Potato** 2 4





Green Beans 170 g | 340 g





Sour Cream

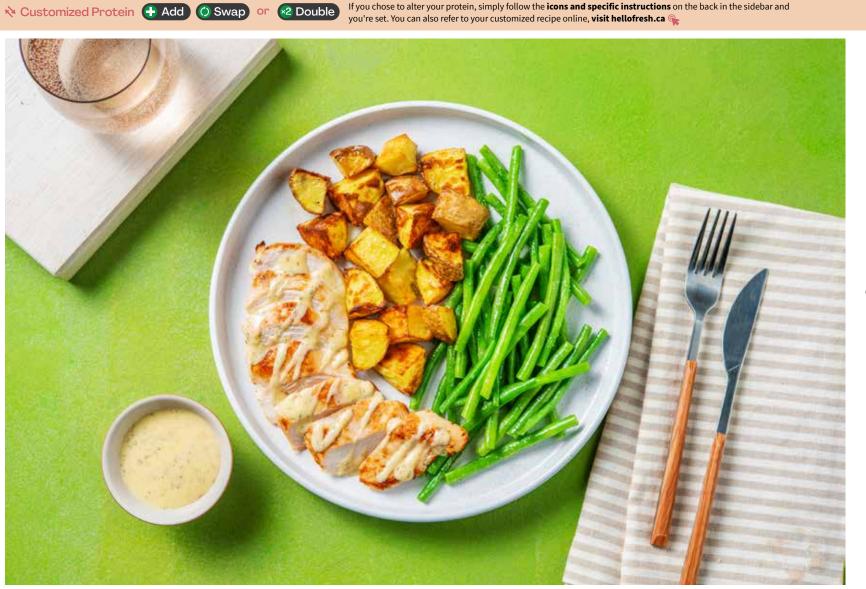


1tsp | 2tsp

6 tbsp | 12 tbsp



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. Cooking utensils | 2 baking sheets, colander, measuring spoons, medium pot, measuring cups, whisk, large non-stick pan, paper towels



# 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 goldenbrown and tender, 25-28 min.



### 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**.



# Cook chicken

#### O 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.\*\*



# 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.



# 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.



# 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**.\*\*

1 tbsp

oil

# 2 | Prep tofu

Measurements

within steps

#### O 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 | T<u>ofu</u>

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

# O Swap | Tofu

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



