



20-Min: Ranch Chicken

with Honey Mustard Potato Salad & Green Beans



ca. 20min



2 Servings

Ranch dressing makes everything better—we took the beloved dip and turned it into a fast and filling chicken dinner! We marinate tender chicken breasts in the tangy ranch before pan-roasting them to golden brown. Microwaving potatoes is a time-saving trick we use to make a sweet and savory potato salad to serve alongside the chicken and garlicky green beans. With a drizzle of ranch on top, dinner is ready!

What we send

- 2 (1 oz) sour cream ⁷
- 2 (¼ oz) ranch seasoning ⁷
- 2 russet potatoes
- ¼ oz fresh dill
- ½ lb green beans
- garlic
- 12 oz pkg boneless, skinless chicken breasts
- ½ oz whole-grain mustard ¹⁷
- ½ oz honey

What you need

- kosher salt & ground pepper
- olive oil
- apple cider vinegar (or red wine vinegar)

Tools

- microwave
- medium skillet

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 750kcal, Fat 35g, Carbs 60g, Protein 48g



1. Prep ingredients

In a small bowl, stir to combine **all of the sour cream and ranch seasoning**. Season to taste with **salt**.

Scrub **potatoes**, then cut into 1-inch pieces. Coarsely chop **dill leaves and stems**. Trim stem ends from **green beans**. Finely chop **1 teaspoon garlic**.



4. Cook green beans

Meanwhile, heat **1 tablespoon oil** in a medium skillet over medium-high. Add **green beans** and cook, stirring occasionally, until tender, 5-6 minutes. Add **garlic** and cook, stirring, until fragrant, about 1 minute more. Transfer to a medium bowl and cover to allow to soften.



2. Marinate chicken

Pat **chicken** dry. In a large bowl, toss chicken with **half of the ranch sour cream**. Set aside to marinate until step 4.

Thin out **remaining ranch sour cream** with **1 tablespoon water**. Set sauce aside until ready to serve.



5. Cook chicken

Heat **1 tablespoon oil** in same skillet over medium. Add **chicken** and cook until well browned and cooked through, 3-5 minutes per side.



3. Cook potatoes

Place **potatoes** in a medium microwave-safe bowl; cover with damp paper towel. Microwave until potatoes are tender when pierced with a knife, stirring potatoes halfway through, 5-8 minutes total.

In a medium bowl, whisk to combine **honey, mustard, dill, 2 tablespoons oil**, and **2 teaspoons vinegar**. Season to taste with **salt** and **pepper**. Add cooked potatoes; stir to combine.



6. Serve

Drizzle some of the **ranch sour cream** over the **chicken** and serve alongside **potato salad** and **green beans**. Enjoy!