

# martha stewart — & — MARLEY SPOON

## REBOOT Oven-Fried Chicken Thighs

with Mashed Potatoes & Green Beans



30-40min



2 Servings

Crunchy on the outside and juicy on the inside. We've taken all the best elements of fried chicken and made an easier (and healthier!) baked chicken thighs. The thighs are tossed in panko breadcrumbs with olive oil and a mild jerk spice blend, then cooked in the oven to until golden brown and juicy. We serve the chicken with creamy mashed potatoes and roasted green beans. Cook, relax, and enjoy!

## What we send

- 2 oz panko <sup>1,6</sup>
- ¼ oz jerk seasoning <sup>1,6</sup>
- 12 oz boneless, skinless chicken thighs
- 1 shallot
- ½ lb green beans
- russet potato
- 1 pkt turkey broth concentrate
- 1 oz cream cheese pkt <sup>7</sup>

## What you need

- kosher salt & ground pepper
- olive oil
- all-purpose flour <sup>1</sup>

## Tools

- colander
- medium saucepan
- rimmed baking sheet
- small saucepan

## Allergens

Wheat (1), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 920kcal, Fat 47g, Carbs 83g, Protein 49g



### 1. Bread chicken

Preheat oven to 450°F with a rack in the center. Combine **panko**, **jerk spice**, **2 tablespoons oil**, and **a pinch of salt** in a large resealable bag. Crush panko with your fingers, working to incorporate the **oil**. In a large bowl, toss **chicken** with **1 tablespoon oil**; season generously with **salt** and **pepper**. Add chicken to bag with **panko mixture**. Shake to coat.



### 4. Cook green beans

In a medium bowl, toss **green beans** and **sliced shallots** with **1 tablespoon oil** and **a pinch each salt and pepper**. After 10-15 minutes, remove **chicken** from oven, and add green beans and shallots to baking sheet. Bake on center oven rack until chicken is crispy and cooked through, and green beans are tender, about 15 minutes more.



### 2. Bake chicken & prep

Place **chicken** on a rimmed baking sheet, and top with **any remaining panko** from the bag, pressing to adhere. Bake on the center oven rack until lightly browned, but not cooked through, 10-15 minutes. Peel **shallot** and cut into ½-inch slices lengthwise, then finely chop **2 tablespoons**. Trim stem ends from **green beans**.



### 5. Make gravy

Heat **1 tablespoon oil** in a small saucepan over medium-high. Add **2 tablespoons chopped shallots**; cook until softened, about 2 minutes. Whisk in **1 tablespoon flour**; cook, about 1 minute. Slowly whisk in **broth concentrate**, **1 cup water**, and **¼ teaspoon pepper**. Bring to a simmer; cook until slightly thickened and reduced to ½ cup, about 7 minutes.



### 3. Make mashed potatoes

While **chicken** cooks, peel **potatoes** and cut into 1-inch pieces. Combine potatoes and **2 teaspoons salt** in a medium saucepan and cover with 1 inch of water; cover and bring to a boil. Cook, uncovered, until tender when pierced with a fork, about 10 minutes. Reserve **3 tablespoons potato water**. Drain and return potatoes to saucepan. Cover to keep warm.



### 6. Finish & serve

Return saucepan with **potatoes** to medium heat. Add **cream cheese** and **reserved potato water**. Mash well; season to taste with **salt** and **pepper**. Scrape up any **panko** that has fallen onto the baking sheet and toss with **green beans** and **shallots**. Serve **chicken** alongside **mashed potatoes** and **green beans**. Drizzle **gravy** over potatoes; serve rest on the side.