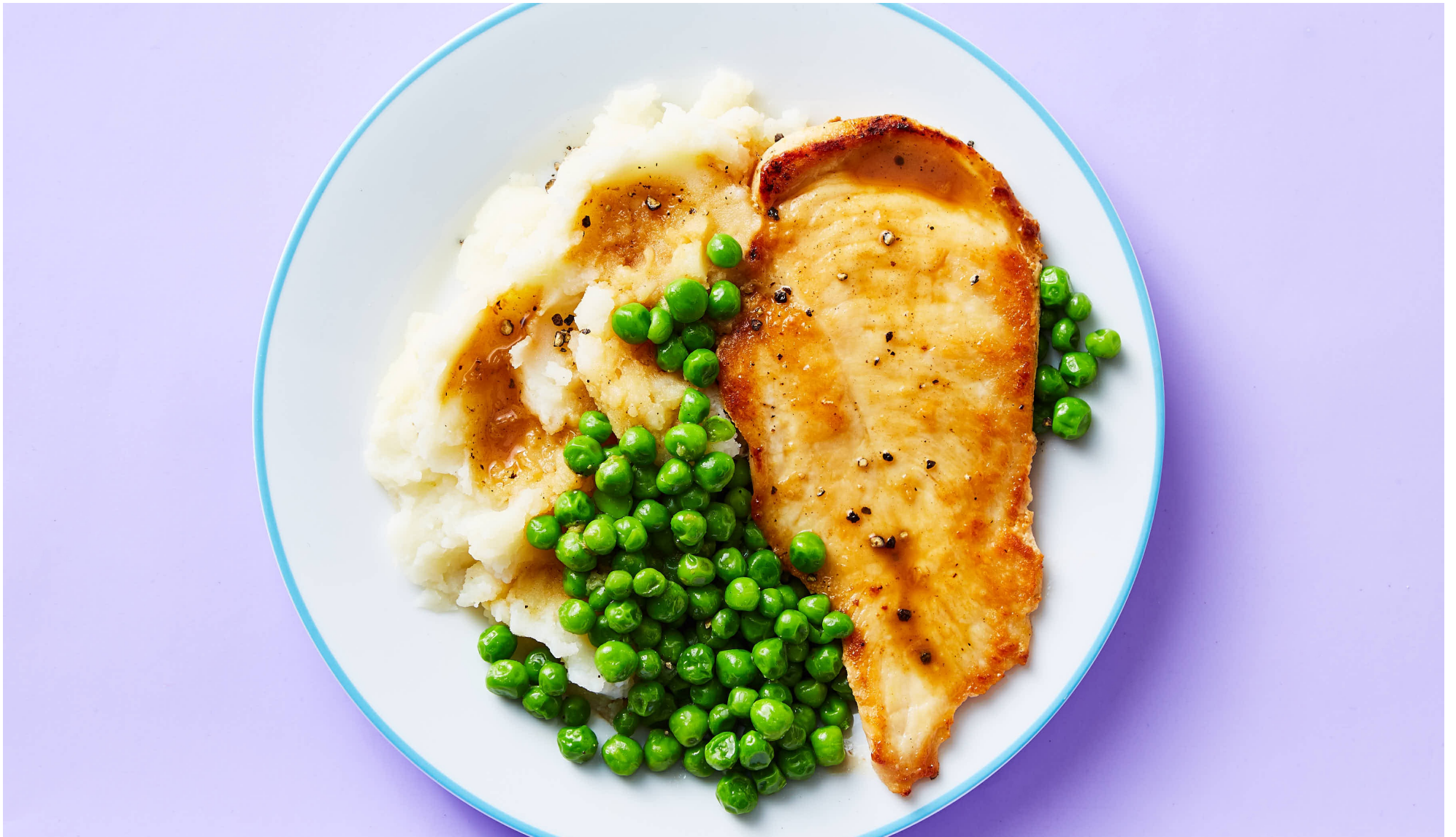


# DINNERLY



## Pan Seared Ginger Chicken with Mashed Potatoes & Sauteed Peas



20-30min



2 Servings

Sometimes the difference between the dinnertime blahs and dinnertime oohs and ahs is a simple sauce. That's what makes restaurant meals so darn exciting. And that's what we want every. single. night. These chicken breasts are pan-seared and topped with a buttery sauce loaded with fresh garlic and ginger. Mash and peas give you that extra oomph. We've got you covered!

## WHAT WE SEND

- boneless, skinless chicken breasts
- russet potatoes
- fresh ginger
- chicken broth concentrate
- peas
- garlic
- 6

## WHAT YOU NEED

- butter <sup>7</sup>
- kosher salt & ground pepper
- olive oil

## TOOLS

- colander
- medium skillet
- potato masher or fork

## ALLERGENS

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

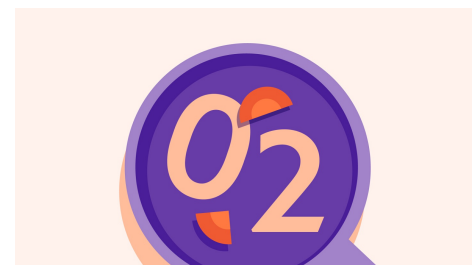
## NUTRITION PER SERVING

Calories 580kcal, Fat 27g, Carbs 54g, Protein 31g



### 1. Cook potatoes

Peel **potato**, then cut into 1-inch pieces. Place in a medium pot, along with **1 teaspoon salt** and enough water to cover by 1 inch. Cover and bring to a boil over high heat, then uncover and cook until easily pierced with a fork, about 10 minutes. Reserve **½ cup potato water**. Drain and return potatoes to pot. Cover to keep warm.



### 2. Sauté peas

Peel and grate **½ teaspoon garlic**. Peel and grate **½ teaspoon ginger** (save rest for own use). Melt **½ tablespoon butter** in a medium skillet over medium-high. Add **peas, ¼ teaspoon of the garlic, a pinch of salt, and a few grinds pepper**. Cook, stirring, until peas are tender and heated through, 2–3 minutes. Transfer to a bowl and cover to keep warm.



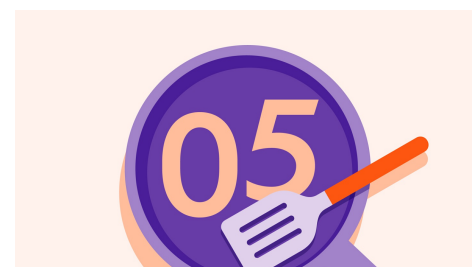
### 3. Cook chicken

Pat **chicken** dry and pound to an even thickness, if necessary. Season each piece with **¼ teaspoon salt** and **a few grinds pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken**, and cook until well browned and cooked through, turning once, 3–4 minutes per side. Transfer to a plate and cover to keep warm.



### 4. Make sauce

Melt **1 tablespoon butter** in same skillet. Add **ginger** and **remaining ¼ teaspoon garlic**. Cook until fragrant, about 1 minute. Stir in **½ cup water, chicken broth concentrate, and tamari**. Cook until bubbling and slightly reduced, 1–2 minutes.



### 5. Finish potatoes & serve

Return **potatoes** to medium heat, add **2 tablespoons butter** and **reserved ½ cup potato water**. Mash potatoes using a masher until smooth, stirring to incorporate; season to taste with **salt** and **pepper**. Serve **chicken** alongside **mashed potatoes** and **peas**. Top with **sauce**. Enjoy!



### 6. Take it to the next level

Want to up the ante on the mashed potatoes? Add roasted garlic, a dollop of creme fraiche, or even chopped scallions.