



Pan-Seared Chicken

with Warm Potato-Snap Pea Salad

 20-30min  2 Servings

Here we take inspiration from Southern Germany, where boiled potatoes are mixed with a vinegary dressing, with herbs and mustard, for a refreshing, tangy side. These bright potato salads made their way to America via German immigrants in the early 1900s. We add crisp snap peas into the mix for a sweet crunch, and it becomes the perfect side for quick-cooking pan-roasted chicken breasts.

What we send

- 4 oz snap peas
- 3 Yukon gold potatoes
- 1 shallot
- ½ oz whole-grain mustard
- 1 pkt chicken broth concentrate
- ¼ oz fresh dill
- 1 oz capers
- 12 oz pkg boneless, skinless chicken breasts

What you need

- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)
- olive oil
- butter ¹

Tools

- medium saucepan
- medium skillet

Allergens

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

Nutrition per serving

Calories 770kcal, Fat 36g, Carbs 70g, Protein 50g



1. Prep snap peas

Fill a medium saucepan with **salted water** and bring to a boil.

Trim ends from **snap peas**, then add to boiling water. Cook just until bright green, 30 seconds-1 minute. Use a slotted spoon to transfer snap peas to paper towels to drain and cool slightly. Reserve pot of water.



2. Prep potatoes

Return water to a boil. Scrub **potatoes** and cut into 1-inch pieces. Add to boiling water and cook until tender when pierced with the tip of a knife, 12-14 minutes. Drain well.



3. Make dressing & broth

While **potatoes** cook, finely chop **¼ cup shallot**. Transfer 3 tablespoons of the chopped shallots to a medium bowl along with **mustard, 3 tablespoons oil, 2 tablespoons vinegar, ½ teaspoon salt**, and **several grinds of pepper**.

In a measuring cup, combine **chicken broth concentrate, ½ cup water**, and **1 teaspoon vinegar**.



4. Start potato salad

Cut **snap peas** into ½-inch slices on an angle.

Chop **tender dill sprigs**, discarding thick stems, and add to bowl with **mustard dressing**.

Add **potatoes, snap peas**, and **1 tablespoon capers**. Toss gently to combine. Season to taste with **salt** and **pepper**.



5. Cook chicken

Pat **chicken** dry; season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high until shimmering. Add chicken; cook until browned and nearly cooked through, 2-3 minutes per side. Transfer to a plate.

Add **remaining shallots** to skillet and cook, about 10 seconds. Add **broth mixture** and bring to a boil.



6. Finish & serve

Simmer **sauce** over medium-high until slightly reduced, 2-3 minutes. Add **1 tablespoon butter** and swirl until melted. Return **chicken and any juices** to skillet; cook, turning chicken, until sauce is slightly thickened, about 1 minute.

Serve **chicken**, spooning **pan sauce** over top, with **potato-snap pea salad** alongside. Enjoy!