



## Easy Prep! Chili-Rubbed Chicken Breasts

with Smashed Potatoes



50min



2 Servings

Want a satisfying dinner that's easy from start to finish? This smoky chili-garlic rub brings big flavor to lean chicken breasts that we serve alongside crispy potatoes and roasted green beans. To save time, we jumpstart the potatoes in the microwave before crisping them in the oven. The chicken and green beans roast together, and we top them with a Dijon mustard-sour cream sauce that's so good you'll want it on everything!



## What we send

- 2 potatoes
- garlic
- ¼ oz chili powder
- ¼ oz smoked paprika
- ½ lb green beans
- 12 oz pkg boneless, skinless chicken breasts
- 2 (1 oz) sour cream <sup>7</sup>
- 1 pkt Dijon mustard <sup>17</sup>
- ¼ oz fresh parsley

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- rimmed baking sheet
- microplane or grater

## Allergens

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

## Nutrition per serving

Calories 560kcal, Fat 19g, Carbs 50g, Protein 47g



### 1. Microwave potatoes

Preheat oven to 400°F with a rack in the bottom. Coat half of a rimmed baking sheet with **oil**.

Prick **potatoes** all over with a fork. Place in a microwave-safe dish and microwave on high for 5 minutes. Flip and microwave until soft and easily pierced with a knife, 3-7 minutes (watch closely as microwaves vary). Set potatoes aside until cool to touch, then cut into 2-inch pieces.



### 4. CHICKEN VARIATION

On the empty half of the baking sheet, carefully toss **green beans** with **2 teaspoons oil**, and season with **salt and pepper**. Nestle **chicken** between green beans.

Return to bottom oven rack and roast until chicken is cooked through and potatoes are browned, about 20 minutes.



### 2. Smash potatoes

Add **potatoes** to prepared half of the baking sheet. Use the bottom of a cup to smash potatoes; season with **salt** and **pepper**. Drizzle with **oil**.

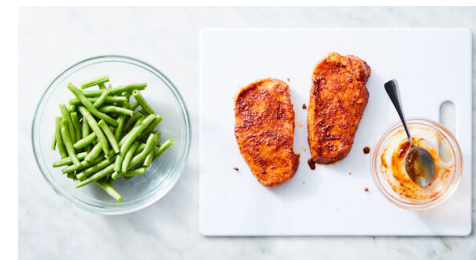
Transfer to bottom oven rack and roast until potatoes are starting to brown, about 10 minutes.



### 5. Finish & serve

In a small bowl, combine **all of the sour cream**, **Dijon mustard**, and **1 teaspoon water**; season to taste with **salt** and **pepper**.

Pick **parsley leaves** from stems; discard stems. Garnish **chicken** with parsley leaves, tearing if large. Dollop **potatoes** with **mustard sauce** and sprinkle with some of the remaining **smoked paprika**.



### 3. Prep ingredients

Meanwhile, finely grate **½ teaspoon garlic** into a small bowl; stir in **1 tablespoon oil**, **1 teaspoon each of chili powder and smoked paprika**, and **¼ tsp salt**.

Trim **green beans**, if desired.

Pat **chicken** dry and season with **salt** and **pepper**; rub all over with **garlic paste**.



### 6. Serve

Enjoy!