

DINNERLY



Saucy Pepper Chicken with Mashed Potatoes & Broccoli



30-40min



2 Servings

Three simple ingredients—chicken, vinegar, and roasted red peppers—come together to make a powerhouse dish. How, you ask? Is it magic, or just smart cooking? We think it's a bit of both. After browning the chicken, the peppers cook down in a tangy vinegar sauce. Then the chicken is added back to the skillet to bask in all the flavorful glory. We've got you covered!

WHAT WE SEND

- 2 potatoes
- 2 oz roasted red peppers
- 1 red onion
- ½ lb broccoli
- 10 oz pkg boneless, skinless chicken breast

WHAT YOU NEED

- kosher salt & ground pepper
- butter ⁷
- garlic
- red wine vinegar (or apple cider vinegar) ¹⁷
- sugar
- olive oil

TOOLS

- medium saucepan
- potato masher or fork
- 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

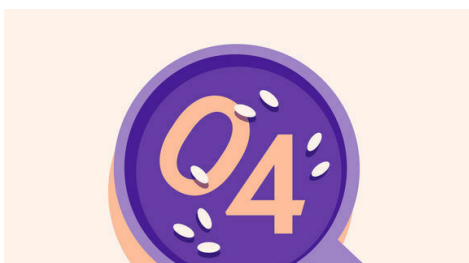
Calories 730kcal, Fat 38g, Carbs 60g, Protein 41g



1. Cook mashed potatoes

Peel **potatoes**; cut into 1-inch pieces. Place in a medium saucepan with enough **salted water** to cover by 1 inch. Cover; bring to a boil. Uncover; simmer until tender, 10–12 minutes. Reserve **½ cup cooking water**; drain potatoes and return to saucepan off heat.

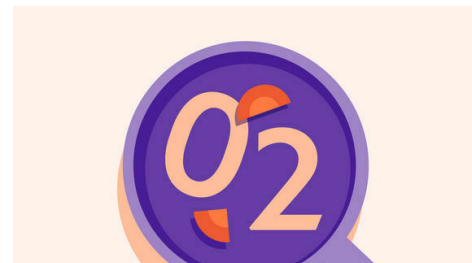
Add **¼ cup of the cooking water** and **2 tablespoons butter**; mash with a potato masher or fork. Season to taste with **salt**.



4. Cook chicken

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** and cook until well browned and cooked through, 2–3 minutes per side; transfer to a plate.

Reduce heat to medium, then add **onions, roasted red peppers**, and **2 teaspoons oil**. Cook, stirring, until onions are softened and golden-brown, 1–2 minutes.

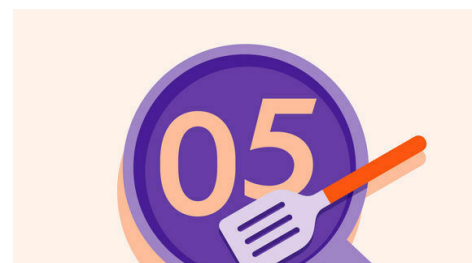


2. Prep ingredients & sauce

Finely chop **¼ cup onion**. Finely chop **1 teaspoon garlic**. Cut **broccoli** into 1-inch florets, if necessary.

Pat **chicken** dry, then pound to an even ½-inch thickness, if desired; season all over with **salt** and **pepper**.

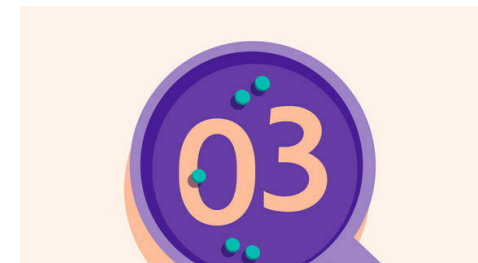
In a small bowl, stir together **¼ cup water**, **3 tablespoons vinegar**, and **1 tablespoon sugar**; set aside.



5. Make sauce & serve

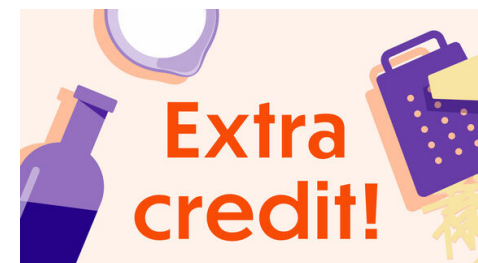
Add **vinegar sauce** to skillet with **onions and peppers**. Simmer over medium heat, scraping up any browned bits from bottom of skillet, until sauce is slightly thickened, 1–2 minutes. Stir in **1 tablespoon butter**; season to taste with **salt** and **pepper**. Add **chicken** and turn to coat.

Serve **saucy pepper chicken** with **broccoli** and **mashed potatoes**. Enjoy!



3. Cook broccoli

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **broccoli** and a **pinch each of salt and pepper**. Cook, stirring occasionally, until bright green and browned in spots, 3–4 minutes (if pan is scorching, add 1 tablespoon water at a time, as needed.) Stir in **chopped garlic**; cook until fragrant, about 1 minute. Transfer to a plate and cover to keep warm; wipe out skillet.



6. Did you know?

Research shows that about ⅓ of food in US grocery stores is thrown out. Here at Dinnerly, we only buy what we need, when we need it, which is why <1% of our food goes to waste. On top of that, we are committed to cutting our food loss and waste by another 50% by 2030.