



Honey Garlic Chicken Cutlet

with Mashed Potatoes & Green Beans



20-30min



2 Servings

Fresh garlic and honey are a match made in heaven, especially when they come together in a sweet and tangy pan sauce for seared chicken cutlets. Creamy smashed potatoes are the perfect side for the saucy protein, and thanks to the tender potato skin, there's no need to peel!

What we send

- 2 potatoes
- 1 shallot
- garlic
- ½ lb green beans
- 12 oz pkg boneless, skinless chicken breasts
- 2 (½ oz) honey
- 2 (1 oz) sour cream ⁷

What you need

- kosher salt & ground pepper
- olive oil
- butter ⁷
- apple cider vinegar (or white wine vinegar)

Tools

- medium saucepan
- medium skillet
- potato masher or fork
- meat mallet (or heavy skillet)

Allergens

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

Nutrition per serving

Calories 720kcal, Fat 30g, Carbs 68g, Protein 48g



1. Cook potatoes

Scrub **potatoes**, then cut into 1-inch pieces. Place potatoes in a medium saucepan. Add enough **salted water** to cover by 1-inch. Cover and bring to a boil. Uncover and cook until potatoes are easily pierced with a fork, about 12 minutes. Reserve **¼ cup cooking water**, then drain and return potatoes to saucepan. Cover to keep warm until step 6.



4. Sear chicken

Season **chicken cutlets** all over with **salt** and **pepper**. Heat **1 tablespoon oil** in same skillet over medium-high. Working in batches if necessary, add chicken and cook until browned and just cooked through, 2-3 minutes per side. Transfer chicken to a plate.



2. Prep ingredients

Meanwhile, halve and thinly slice **half of the shallot** (save rest for own use). Finely chop **2 teaspoons garlic**. Trim stem ends from **green beans**.

Pat **chicken** dry. Use a sharp knife to cut chicken horizontally (parallel to cutting board), stopping knife just before cutting through. Open like a book and use a meat mallet (or heavy skillet) to pound to an even ¼-inch thickness.



5. Make pan sauce

Reduce skillet heat to medium. Add **chopped garlic** and **2 tablespoons butter**; cook until fragrant, 30-60 seconds. Add **¼ cup water** and bring to a simmer, scraping up any browned bits. Stir in **all of the honey** and **½ teaspoon vinegar**. Season to taste with **salt** and **pepper**. Return chicken to skillet and cook until sauce is thickened and coats pork, about 2 minutes more.



3. Cook green beans

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **green beans**, **sliced shallots**, and a **pinch each of salt and pepper**. Cook, stirring occasionally, until crisp-tender and browned in spots, 3-5 minutes. Transfer to a bowl and cover to keep warm (green beans will soften as they sit). Wipe out skillet and return to stovetop.



6. Mash potatoes & serve

Use a potato masher or fork to mash **potatoes** in saucepan. Stir in **all of the sour cream** and **reserved cooking water**. Season to taste with **salt** and **pepper**. Spoon **mashed potatoes** onto plates alongside **green beans**. Serve **chicken cutlets** on top of **mashed potatoes** and spoon **honey-garlic sauce** over top. Enjoy!