

DINNERLY



Seared Chicken & Green Beans with Mashed Sweet Potatoes



20-30min



2 Servings

We're taking the idea of eating the rainbow to new heights. Mashed buttery sweet potatoes...that's orange. String beans topped with caramelized onions...that's green. And the pan-seared chicken breasts....that's, er, brown. Is brown in the rainbow? Maybe not, but come on, this is one good-looking plate. And it's delicious, so there's that. We've got you covered!

WHAT WE SEND

- 1 sweet potato
- ½ lb green beans
- 10 oz pkg boneless, skinless chicken breast
- 1 red onion

WHAT YOU NEED

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

TOOLS

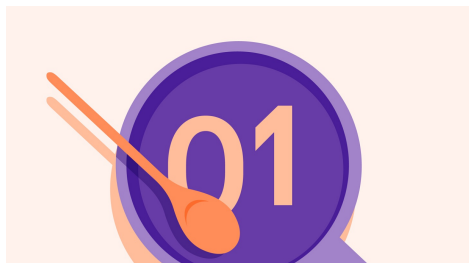
- small saucepan
- medium skillet
- potato masher or fork

ALLERGENS

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

NUTRITION PER SERVING

Calories 500kcal, Fat 21g, Carbs 45g, Protein 38g



1. Boil sweet potatoes

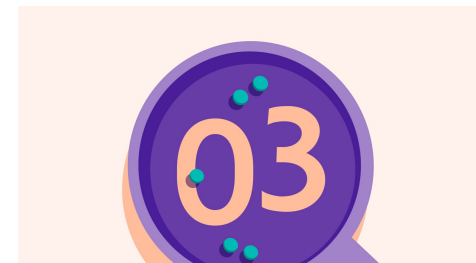
Peel **sweet potato**, then cut into 1-inch pieces. Place in a small saucepan with enough **water** to cover by 1 inch. Cover and bring to a boil. Uncover and cook until tender, 13–15 minutes. Drain and return potatoes to saucepan off heat. Cover to keep warm.



2. Prep ingredients

Meanwhile, halve **onion**, then thinly slice ½ cup. Trim stem ends from **green beans**.

Pat **chicken** dry, then season all over with **salt** and **pepper**.



3. Cook green beans

Heat **1½ teaspoons oil** in a medium skillet over medium-high. Add **sliced onions** and cook, stirring, until softened, about 3 minutes. Add **green beans** and a **pinch each of salt and pepper**. Cook, stirring often, until onions are golden-brown and green beans are crisp-tender, 5–7 minutes. Transfer to a bowl; cover to keep warm. Wipe out skillet.



4. Cook chicken & pan sauce

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** and cook until golden-brown and cooked through, 3–4 minutes per side. Transfer to a plate.

Add **1 tablespoon each of water and vinegar** to skillet. Bring to a simmer, scraping up any browned bits from the bottom. Off heat, swirl in **½ tablespoon butter**; season to taste with **salt** and **pepper**.



5. Mash potatoes & serve

Heat saucepan with **sweet potatoes** over medium. Add **1 tablespoon butter** and mash with a potato masher or fork until smooth; season to taste with **salt** and **pepper**.

Serve **chicken** with **mashed sweet potatoes** and **green beans** alongside. Spoon **pan sauce** over top. Enjoy!



6. Take it to the next level

Make a quick horseradish cream sauce to top the chicken by combining ½ cup Greek yogurt or crème fraîche with 1-2 teaspoons of prepared horseradish. Season with salt and pepper, then stir to combine.