



## **?** Creamy Spinach & Artichoke Chicken

with Mashed Potatoes



30-40min



2 Servings

Who doesn't love a hearty pan-sauce? It's the perfect way to make any meal taste restaurant-worthy. Here, we season chicken with sweet paprika, then pan roast it to form a flavorful crust. We add artichoke hearts, onions, chicken broth, spinach, and cream cheese to create a silky sauce. A squeeze of fresh lemon adds a bright pop.

## What we send

- 2 (8 oz) spaghetti squash
- garlic
- 1 yellow onion
- 1 lemon
- 14 oz can artichokes
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz paprika
- 2 (1 oz) cream cheese <sup>1</sup>
- 1 pkt chicken broth concentrate
- 5 oz baby spinach

## What you need

- kosher salt & ground pepper
- olive oil
- butter <sup>1</sup>
- ¼ c milk <sup>1</sup>

## Tools

- medium saucepan
- microplane or grater
- medium skillet
- potato masher or fork

## Allergens

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

## Nutrition per serving

Calories 640kcal, Fat 35g, Carbs 36g, Protein 49g



### 1. Cook potatoes

Peel **potato**, 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. Drain and return potatoes to saucepan. Cover to keep warm off heat.



### 4. Start sauce

Add **artichokes, onions, 1 tablespoon oil**, and a **pinch each of salt and pepper** to same skillet. Cook over medium-high heat, stirring, until artichokes are lightly browned, and onions are softened, 3-5 minutes. Add **chopped garlic** and cook, stirring, until fragrant, 30 seconds. Stir in **all of the cream cheese, broth concentrate**, and **¾ cup water**; bring to a simmer.



### 2. Prep sauce ingredients

Meanwhile, finely chop **2 teaspoons garlic**. Finely chop **½ cup onion**. Zest **lemon** into a small bowl. Separately squeeze **1 teaspoon lemon juice** into a second small bowl. Cut any remaining lemon into wedges. Drain **artichokes**, pat dry, then quarter, if necessary.



### 5. Finish sauce & chicken

Return **chicken and any resting juices** to skillet with **sauce**. Cook over medium-high heat until chicken is cooked through and sauce is slightly thickened, 3-5 minutes. Transfer chicken to plates and cover to keep warm. Stir **spinach** and **lemon juice** into sauce. Cook until spinach is just wilted, 1-2 minutes. Season to taste with **salt and pepper**.



### 3. Season & sear chicken

Pat **chicken** dry, then pound to ½-inch thickness, if desired. Season all over with **salt, pepper**, and **½ teaspoon paprika**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until golden brown on the bottom, 3-4 minutes. Transfer to a plate (chicken will not be cooked through).



### 6. Mash potatoes & serve

Return saucepan with **potatoes** to medium heat. Add **2 tablespoons butter** and **¼ cup milk**; use a potato masher or fork to mash until smooth. Season to taste with **salt and pepper**. Serve **chicken** with **mashed potatoes** alongside. Spoon **sauce** over **chicken** and garnish with **lemon zest**. Pass **any lemon wedges** at the table for squeezing over top. Enjoy!