

MARLEY SPOON



Creamy Chicken Dijon

with Mashed Potatoes & Garlicky Chard



30-40min



2 Servings

We take quick-cooking boneless, skinless chicken breasts to the next level, thanks to a creamy Dijon mustard pan sauce with aromatic fresh thyme and sweet sautéed shallots. We serve the chicken alongside buttery mashed potatoes and garlicky Swiss chard, a hearty leafy green.

What we send

- 2 potatoes
- 1 bunch Swiss chard
- garlic
- 1 shallot
- ¼ oz fresh thyme
- 12 oz pkg boneless, skinless chicken breasts
- 1 pkt chicken broth concentrate
- 2 (1 oz) cream cheese ²
- 1 (¼ oz) Dijon mustard

What you need

- kosher salt & ground pepper
- olive oil
- all-purpose flour ¹
- butter ²

Tools

- medium saucepan
- medium skillet
- potato masher or fork

Allergens

Wheat (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 770kcal, Fat 40g, Carbs 58g, Protein 50g



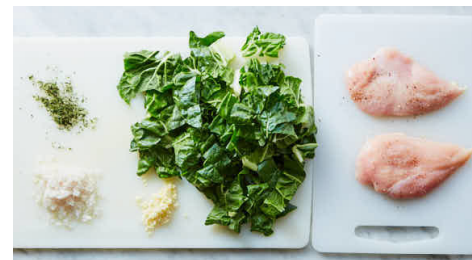
1. Cook potatoes

Peel **potatoes**, 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 over high heat. Reduce heat to medium, uncover, and cook until easily pierced with a fork, 10-12 minutes. Reserve **2 tablespoons cooking water**, then drain and return potatoes to saucepan. Cover to keep warm until step 6.



4. Cook chicken

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** and cook until well browned and cooked through, 3-4 minutes per side. Transfer chicken to a plate. Immediately add **chopped shallots, chopped thyme leaves, remaining garlic, 2 teaspoons oil**, and **1 teaspoon flour** to skillet. Cook, stirring, until shallots are softened, 1-2 minutes.



2. Prep ingredients

Trim any tough **Swiss chard stems**; stack Swiss chard leaves, then slice leaves and stems crosswise into 1-inch ribbons. Finely chop **2 teaspoons garlic**. Finely chop **half of the shallot** (save rest for own use). Pick and finely chop **2 teaspoons thyme leaves**; discard stems. Pat **chicken** dry and season all over with **salt** and **pepper**.



5. Make Dijon sauce

To skillet with **shallots**, whisk in **chicken broth concentrate, Dijon mustard, 1 packet cream cheese**, and **½ cup water**. Bring to a simmer over medium-high heat, scraping up any browned bits, until sauce is thickened, 3-5 minutes. Return **chicken** to skillet and simmer, turning to coat in sauce, until warmed through, 1-2 minutes more.



3. Cook Swiss chard

Heat **1 tablespoon oil** and **1 teaspoon of the garlic** in a medium skillet over medium-high. Cook, stirring, until fragrant, about 1 minute. Add **Swiss chard** in large handfuls, stirring after each addition, until chard is bright green and tender, 2-3 minutes. Season to taste with **salt** and **pepper**. Transfer to a bowl; cover to keep warm until ready to serve. Wipe out skillet.



6. Finish & serve

Return **potatoes** in saucepan to medium heat. Add **reserved cooking water, remaining cream cheese**, and **2 tablespoons butter**. Use a potato masher or fork to mash until combined and smooth; season to taste with **salt** and **pepper**. Serve **chicken** with **mashed potatoes** and **garlicky chard** alongside. Spoon **Dijon sauce** over top. Enjoy!