# MARLEY SPOON



# **Fast! Seared Chicken with Creamy Green Beans**

& Fried Onions



ca. 20min 2 Servings

Sweet and peppery, paprika is the perfect spice for seasoning lean chicken breasts. We sear the chicken, which creates a flavorful golden-brown crust. A green bean casserole is a classic side dish and here we make a modern version in a creamy mushroom sauce that we top with ready-made fried onions. Steamed rice sops up more of that delectable sauce. Make sure you're hungry, because this hearty meal comes together fast!

#### What we send

- 5 oz jasmine rice
- garlic
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz paprika
- ½ lb green beans
- ¼ oz mushroom seasoning
- 2 (1 oz) cream cheese 7
- ½ oz fried onions 6

## What you need

- kosher salt & ground pepper
- · olive oil
- butter <sup>7</sup>
- all-purpose flour (or glutenfree alternative)

#### **Tools**

- small saucepan
- medium ovenproof skillet

#### **Allergens**

Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

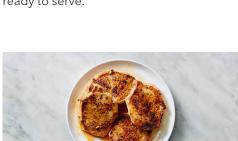
#### **Nutrition per serving**

Calories 760kcal, Fat 32g, Carbs 72g, Protein 47g



#### 1. Make rice

In a small saucepan, combine **rice**, **1**% **cups water**, and ½ **teaspoon salt** Bring to a boil. Cover and cook over low until rice is tender and liquid is absorbed, about 17 minutes. Keep covered until ready to serve.



#### 4. Sear chicken

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** and sear 1 side only until browned, 2-3 minutes (chicken will not be cooked through). Transfer to plate.



# 2. Prep chicken & beans

Meanwhile, preheat broiler with a rack in the upper third. Finely chop **2 teaspoons garlic**. Pat **chicken** dry and season all over with **salt**, **pepper**, and **paprika** (start with ½ teaspoon and add more if desired). Trim stem ends from **green beans**.



## 3. Cook green beans

Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add **green beans** and cook until tender and browned in spots, about 5 minutes. Season with **a pinch each of salt and pepper**. Transfer to bowl and cover to keep warm.



5. Build sauce

Reduce skillet heat to medium, stir in 1 tablespoon butter, 2 teaspoons garlic, and 1 teaspoon flour. Cook until fragrant. Add ¾ cup water; bring to a simmer. Whisk in mushroom seasoning and cream cheese until melted. Remove from heat. Season to taste with salt and pepper. Add green beans and toss to coat in sauce. Place chicken on top, seared side down.



6. Finish & serve

Transfer skillet to upper oven rack and broil until **chicken** is cooked through and **sauce** is bubbling, 3-4 minutes (watch closely). Fluff **rice** with a fork and spoon onto plates. Place **chicken** alongside. Toss **green beans** in **sauce** and plate next to **chicken**. Top **green beans** with **fried onions** and drizzle **remaining pan sauce** over **beans and chicken**. Enjoy!