

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 ⁷
- all-purpose flour (or gluten-free 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**, **1¼ 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**.



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.



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.



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!