



## Pan-Seared Chicken Breast & Mashed Potatoes

with Rosemary Gravy & Roasted Green Beans



30-40min



2 Servings

This is a perfect depiction of meat and potatoes. Here, we pan-roast juicy chicken breasts, seasoned simply with salt, pepper, and fresh aromatic rosemary. The chicken is served with creamy mashed potatoes, homemade gravy, and crisp roasted green beans.



## What we send

- 2 potatoes
- ½ lb green beans
- 1 shallot
- ¼ oz fresh rosemary
- 12 oz pkg boneless, skinless chicken breasts
- garlic
- 1 pkt turkey broth concentrate

## What you need

- kosher salt & ground pepper
- olive oil
- butter<sup>1</sup>
- white wine vinegar (or apple cider vinegar)
- all-purpose flour (or gluten-free alternative)

## Tools

- medium saucepan
- medium skillet
- rimmed baking sheet
- 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 600kcal, Fat 22g, Carbs 59g, Protein 47g



### 1. Cook potatoes

Preheat oven to 450°F with a rack in the center. Peel **potatoes**, then cut into 1-inch pieces. Place in a medium saucepan with **1 teaspoon salt** and add enough water to cover by 1 inch. Cover and bring to a boil, then uncover and cook until easily pierced with a fork, about 10 minutes. Reserve **½ cup cooking water**, then drain potatoes and return to saucepan. Cover to keep warm off heat.



### 4. Roast veg & chicken

On empty side of baking sheet with **chicken**, toss **green beans** and **shallots** with **1 tablespoon oil**; season with **salt and pepper**. Roast on center oven rack until chicken reaches an internal temperature of 165°F, about 5 minutes. Transfer to a plate. Return green beans to center rack and roast until tender and browned in spots, about 5 minutes more. Smash **1 large garlic clove**.



### 2. Prep veggies & rub

Trim ends from **green beans**. Cut **shallot** through the root end into quarters and separate into wedges. Pick and finely chop **1 teaspoon rosemary leaves**, discarding stems. In a small bowl, combine **half of the rosemary**, **¾ teaspoon salt**, and **a few grinds of pepper**.



### 5. Mash potatoes, prep gravy

Meanwhile, heat **potatoes** in saucepan over medium. Add **1 tablespoon butter** and mash using a potato masher or fork, adding **1 tablespoon reserved water or milk** at a time, as needed to reach desired consistency. Season to taste with **pepper**; cover to keep warm. In a liquid measuring cup, whisk **turkey broth concentrate**, **½ cup water**, and **½ teaspoon vinegar**.



## THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

### 3. Brown chicken

Pat **chicken** dry, then season all over with **rosemary-salt blend**. Heat **1 tablespoon oil** in a medium skillet over medium-high until shimmering. Add chicken (should sizzle vigorously) and cook until browned, 2-3 minutes per side. Transfer chicken to one side of a rimmed baking sheet. Reserve skillet with **1 tablespoon of the pan drippings** for step 6.



### 6. Make gravy & serve

Heat reserved skillet over medium-high. Add **garlic** and **remaining rosemary**. Cook until fragrant, 1 minute; discard garlic. Whisk in **½ tablespoon flour** until smooth, then add **broth mixture**. Cook, whisking, until slightly thickened, 1-2 minutes; season to taste. Serve **chicken** with **mashed potatoes** and **green beans** alongside. Spoon **gravy** over **chicken**. Enjoy!