



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 ¹
- 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!