



Parmesan Chicken & Gravy

with Sweet Potato Mash & Green Beans



30-40min



2 Servings

Parmesan cheese and panko breadcrumbs combine to make the ultimate, super flavorful, perfectly textured crust for chicken breasts. The chicken is browned on the stovetop, and then finished in the oven. It's served alongside mashed sweet potatoes and crisp green beans; a tangy gravy ties the whole plate together.

What we send

- 1 sweet potato
- ½ lb green beans
- ¾ oz Parmesan ⁷
- 1 oz panko ¹
- 12 oz pkg boneless, skinless chicken breasts
- 2 (1 oz) cream cheese ⁷
- 1 pkt chicken broth concentrate
- 1 oz whole-grain mustard ¹⁷

What you need

- kosher salt & ground pepper
- olive oil
- butter ⁷
- all-purpose flour ¹
- garlic

Tools

- medium saucepan
- microplane or grater
- rimmed baking sheet
- medium skillet
- potato masher or fork

Allergens

Wheat (1), Milk (7), Sulphites (17).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 780kcal, Fat 45g, Carbs 48g, Protein 50g



1. Cook sweet potatoes

Peel **sweet potato**, then cut into 1-inch pieces. Place 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 low; cook, uncovered, until tender when pierced with a knife, 6–8 minutes. Reserve **¼ cup cooking water**. Drain potatoes and return to saucepan; cover to keep warm.



4. Brown chicken

Season **chicken** all over with **salt** and **pepper**.

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add chicken; cook until browned on one side, about 3 minutes. Transfer, browned side up, to baking sheet with **green beans**. Reserve skillet for step 6. Top chicken with **panko mixture**; press to help topping adhere. Transfer chicken and green beans to upper oven rack.



2. Prep ingredients

Finely chop **1 teaspoon garlic**. Trim **green beans**. Pat **chicken** dry, then pound to an even ½-inch thickness, if necessary. Finely grate **Parmesan**.



5. Finish chicken & potatoes

Broil until **green beans** are tender, **panko** is browned, and **chicken** is cooked through, 4–5 minutes (watch closely).

Return saucepan with **potatoes** to medium heat; add **reserved cooking water**, **cream cheese**, and **½ tablespoon butter**. Use a potato masher or fork to mash potatoes until smooth. Season to taste with **salt** and **pepper**. Cover to keep warm.



3. Season panko & beans

Preheat broiler with a rack in the upper third.

In a small bowl, stir to combine **Parmesan**, **¼ cup panko**, and **1 tablespoon oil**. Season with **salt** and **pepper**. Transfer **green beans** to a rimmed baking sheet, and toss with **2 teaspoons oil** and a **pinch each of salt and pepper**.



6. Make gravy & serve

Heat **1 tablespoon oil** in reserved skillet over medium. Add **chopped garlic** and **1 teaspoon flour**; cook until fragrant, 1 minute. Increase heat to medium-high. Add **chicken broth concentrate**, **mustard**, and **½ cup water**. Cook until liquid is reduced by half, 2–3 minutes. Off heat, whisk in **1 tablespoon butter**. Serve **chicken** with **gravy**, **green beans**, and **potatoes**. Enjoy!