

DINNERLY



NO ADDED GLUTEN

**BALANCED
MEAL**

Seared Chicken & Green Beans with Mashed Sweet Potatoes



20-30min



2 Servings

We're taking the idea of eating the rainbow to new heights. Mashed buttery sweet potatoes...that's orange. String beans topped with caramelized onions...that's green. And the pan-seared chicken breasts....that's, er, brown. Is brown in the rainbow? Maybe not, but come on, this is one good-looking plate. And it's delicious, so there's that. We've got you covered!

WHAT WE SEND

- 1 sweet potato
- 1 medium red onion
- ½ lb green beans
- ½ lb pkg boneless, skinless chicken breasts

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- red wine vinegar (or white wine vinegar)
- butter ⁷

TOOLS

- small saucepan
- colander
- medium skillet
- potato masher or fork

ALLERGENS

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

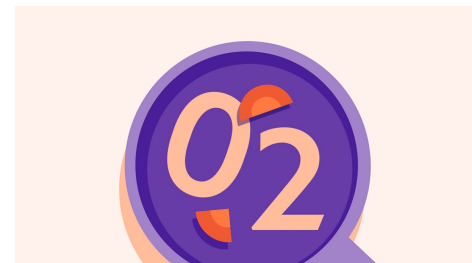
NUTRITION PER SERVING

Calories 500kcal, Fat 22g, Carbs 48g, Proteins 30g



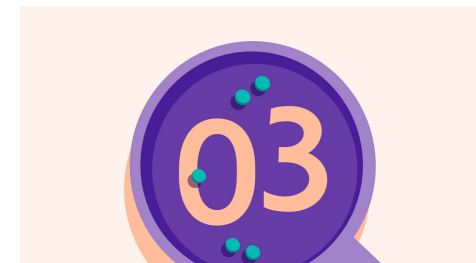
1. Boil sweet potatoes

Peel **sweet potato**, then cut into 1-inch pieces. Place in a small saucepan with enough water to cover by 1 inch. Cover, bring to a boil, then uncover and cook until sweet potatoes are tender, 13–15 minutes. Drain and return to saucepan. Cover to keep warm off the heat.



2. Prep ingredients

Meanwhile, halve **onion**, then peel and thinly slice ½ cup. Trim and discard stem ends from **green beans**. Pat **chicken** dry, then season all over with **salt** and **a few grinds pepper**.



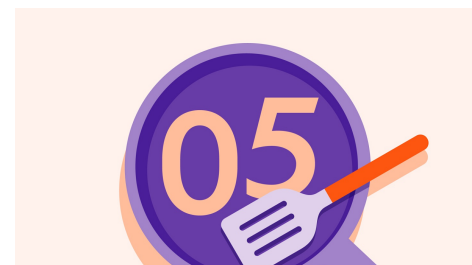
3. Cook green beans

Heat **1½ teaspoons oil** in a medium skillet over medium-high. Add **sliced onions** and cook, stirring, until softened, about 3 minutes. Add **green beans** and **a pinch each salt and pepper**. Cook, stirring often, until onions are golden-brown and green beans are crisp-tender, 5–7 minutes. Transfer green beans and onions to a bowl; cover to keep warm. Wipe out skillet.



4. Sear chicken & make sauce

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** and cook until golden-brown and cooked through, 2–3 minutes per side. Transfer chicken to a plate. Add **1 tablespoon each water and vinegar** and bring to a simmer, scraping up any browned bits from the bottom. Remove from heat, then swirl in ½ **tablespoon butter**; season to taste with **salt** and **pepper**.



5. Mash potatoes & serve

Heat saucepan with **sweet potatoes** over medium. Add **1 tablespoon butter** and mash with a potato masher or fork until smooth; season to taste with **salt** and **pepper**. Serve **chicken** with **mashed sweet potatoes** and **green beans** alongside. Spoon **pan sauce** over top. Enjoy!



6. Take it to the next level

Make a quick horseradish cream sauce to top the chicken by combining ½ cup Greek yogurt or crème fraîche with 1-2 teaspoons of prepared horseradish. Season with salt and pepper, stir to combine, and dollop on top of the chicken.