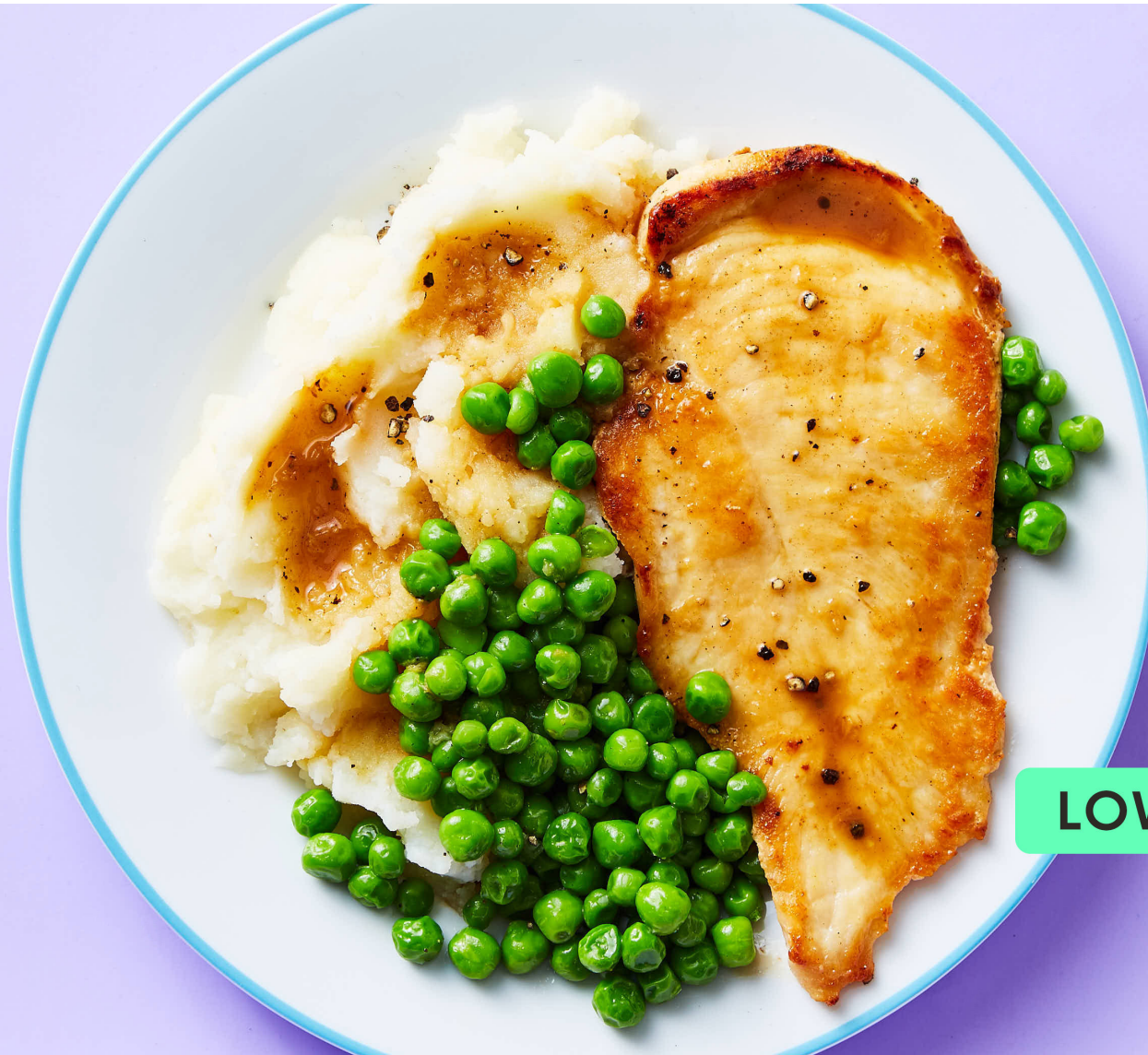


DINNERLY



FAST

LOW CALORIE

Seared Chicken & Gravy with Mashed Potatoes & Peas



20-30min



2 Servings

Sometimes the difference between the dinnertime blahs and the dinnertime oohs and ahs is a simple sauce. That's what makes restaurant dishes so darn exciting. And that's what we want. Every. Single. Night. These chicken breasts are pan-seared and topped with a buttery sauce loaded with fresh garlic and ginger. Creamy mashed potatoes and peas give it that extra oomph. We've got you covered!

WHAT WE SEND

- 1 russet potato (1 lb)
- garlic (use 1 large clove)
- 1 oz fresh ginger (use half)
- 5 oz peas
- ½ lb pkg boneless, skinless chicken breasts
- 1 pkt chicken broth concentrate
- ½ oz tamari in fish-shaped pod ⁶

WHAT YOU NEED

- kosher salt & ground pepper
- butter ⁷
- olive oil

TOOLS

- medium saucepan
- colander
- microplane or grater
- medium skillet
- potato masher or fork

ALLERGENS

Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 590kcal, Fat 27g, Carbs 52g, Protein 35g



1. Cook potatoes

Peel **potato**, then cut into 1-inch pieces. Place in a medium saucepan, along with **1 teaspoon salt** and enough water to cover by 1 inch. Cover and bring to a boil over high, then uncover and cook until easily pierced with a fork, about 10 minutes. Reserve **⅓ cup potato water**. Drain and return potatoes to pot. Cover to keep warm off the heat.



2. Sauté peas

Peel and finely grate **½ teaspoon each garlic and ginger**. Melt **½ tablespoon butter** in a medium skillet over medium-high. Add **peas, ¼ teaspoon of the grated garlic, a pinch of salt, and a few grinds pepper**. Cook, stirring, until peas are tender and heated through, 2–3 minutes. Transfer to a bowl and cover to keep warm. Wipe out skillet.



3. Cook chicken

Pat **chicken** dry and pound to an even thickness, if necessary; season with **salt** and **pepper**. Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** and cook until well browned and cooked through, turning once, 2–3 minutes per side. Transfer to a plate and cover to keep warm.



4. Make gravy

Melt **1 tablespoon butter** in same skillet. Add **grated ginger** and **remaining ¼ teaspoon of the grated garlic**. Cook until fragrant, about 1 minute. Stir in **chicken broth concentrate, tamari, and ½ cup water**. Cook, stirring occasionally, until **gravy** is bubbling and slightly reduced, 1–2 minutes.



5. Mash potatoes & serve

Return **potatoes** in saucepan to medium heat; add **2 tablespoons butter** and **reserved ⅓ cup potato water**. Mash potatoes, using a potato masher or fork, until smooth; season to taste with **salt** and **pepper**. Serve **chicken** with **mashed potatoes** and **peas** alongside. Top with **gravy**. Enjoy!



6. Take it to the next level

Want to up the ante on the mashed potatoes? Add roasted garlic, a dollop of creme fraiche, or even chopped scallions.