

# DINNERLY



## Lemony Chicken with Mashed Potatoes & Green Beans



30-40min



2 Servings

The stomach wants what the stomach wants. So, if your gut instinct is telling you that you need mashed potatoes and gravy with zesty pan-roasted chicken, we think it's important to listen to it. We've got you covered!

## WHAT WE SEND

- 14 oz Yukon gold potatoes
- 4 oz green beans
- 1 lemon
- ½ lb pkg boneless, skinless chicken breasts
- 1 pkt turkey broth concentrate

## WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- butter <sup>7</sup>
- all-purpose flour <sup>1</sup>

## TOOLS

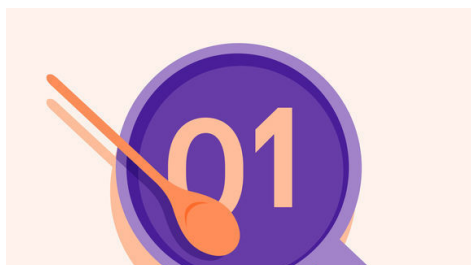
- medium saucepan
- medium skillet
- microplane or grater
- potato masher or fork

## ALLERGENS

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

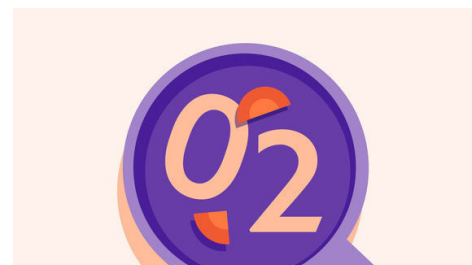
## NUTRITION PER SERVING

Calories 650kcal, Fat 43g, Carbs 44g, Proteins 31g



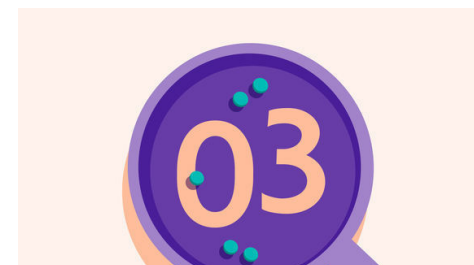
### 1. Cook potatoes

Peel **potatoes**, cut into 1-inch pieces. Place in a medium saucepan with **1 teaspoon salt** and 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 the heat.



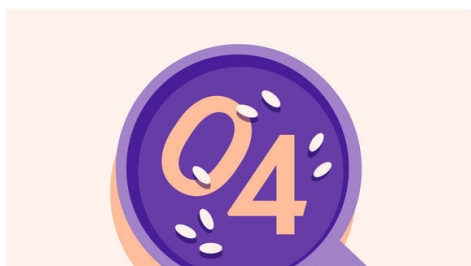
### 2. Sauté green beans

Meanwhile, trim ends from **green beans**. Heat **1 tablespoon oil** in a medium skillet over medium. Add green beans; season with **salt** and **pepper**. Add **2 tablespoons water**; cook, stirring occasionally, until tender and browned in spots, 4–5 minutes. Transfer to a plate and cover to keep warm; reserve skillet.



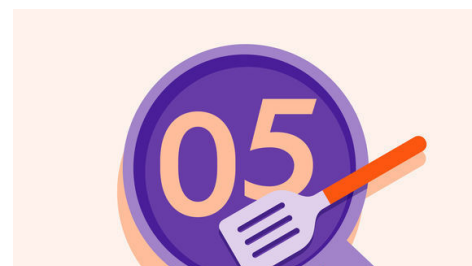
### 3. Season & cook chicken

Finely grate **1½ teaspoons lemon zest** into a small bowl; stir in **¾ teaspoon salt** and **¼ teaspoon pepper**. Pat **chicken** dry, then pound to an even ½-inch thickness, if necessary. Season all over with lemon zest. Heat **1 tablespoon oil** in same skillet over medium-high. Add chicken; cook until browned and cooked through, 2–3 minutes per side. Transfer to a plate; cover to keep warm.



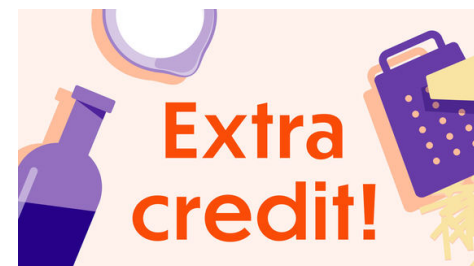
### 4. Mash potatoes

Return saucepan with **potatoes** to medium heat. Add **2 tablespoons butter**, then use a potato masher or fork to mash until smooth. If dry, add **1 tablespoon reserved cooking water** at a time, as needed. Season to taste with **pepper**. Squeeze **1 teaspoon lemon juice** into a small bowl, then cut any remaining lemon into wedges.



### 5. Make gravy & serve

Melt **1 tablespoon butter** in same skillet over medium heat. Whisk in **½ tablespoon flour**, then add **broth concentrate** and **¾ cup water**, scraping up any browned bits. Cook until slightly thickened, 2–3 minutes; whisk in **lemon juice**. Serve **chicken** alongside **potatoes and green beans** with **gravy** spooned over the top and **lemon wedges** for squeezing. Enjoy!



### 6. Steam your beans!

Add green beans and some water to a microwave-safe bowl, then cover with microwave-safe plastic film or a damp paper towel. Cook on high power until tender, 3–5 minutes. Toss with olive oil or butter, then season to taste with salt and pepper.