

# Seared Chicken & Crispy Smashed Potatoes

*with Braised Green Beans*

In this recipe, we're serving pan-seared chicken with two spectacular sides. To make our crispy smashed potatoes, we're boiling Yukon Golds, then flattening them to expose their creamy centers. When browned in a little butter, the potatoes crisp up deliciously, resulting in a unique mingling of tastes and textures. Alongside our potatoes, we're serving green beans, thinly sliced and lightly braised with shallot, garlic, demi-glace and butter. The result is an exceptionally tender, flavorful way to enjoy one of our favorite seasonal vegetables.

## Blue Apron Wine Pairing

Point Concepción Rosé of Syrah, 2015



## Ingredients

- 4 Boneless, Skin-On Chicken Breasts
- 2 Cloves Garlic
- 1 Pound Yukon Gold Potatoes
- ½ Pound Green Beans

## Knick Knacks

- 3 Tablespoons Chicken Demi-Glace
- 2 Tablespoons Butter
- 1 Shallot
- ¼ Cup Grated Parmesan Cheese

**Makes:** 4 servings | **Calories:** about 515 per serving

**Prep Time:** 10 minutes | **Cook Time:** 35–45 minutes



# Instructions

For cooking tips & tablet view, visit [blueapron.com/recipes/fp287](https://blueapron.com/recipes/fp287)

1



## Cook & smash the potatoes:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Add the **potatoes** and cook 18 to 20 minutes, or until just tender when pierced with a fork. Drain thoroughly and transfer to a clean, dry work surface. When cool enough to handle, using the flat side of your knife, carefully smash each cooked potato once to flatten.

2



## Prepare the ingredients:

While the potatoes cook, snap off and discard the stem ends of the green beans; cut crosswise into ¼-inch pieces. Peel, halve and thinly slice the shallot. Peel and finely chop the garlic.

3



## Cook the chicken:

While the potatoes continue to cook, pat the **chicken** dry with paper towels; season with salt and pepper on both sides. In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned chicken, skin sides down. Cook, loosely covering the pan with aluminum foil, 5 to 7 minutes on the first side, or until browned. Flip the chicken and cook 4 to 5 minutes, or until browned and cooked through. Transfer to a plate, leaving any browned bits (or fond) in the pan. Loosely cover the cooked chicken with aluminum foil and set aside in a warm place.

4



## Braise the green beans:

Add the **green beans** and ½ cup of water to the pan of reserved fond. Cook on medium-high, stirring occasionally and scraping up any fond, 4 to 5 minutes, or until the beans are bright green and the water has cooked off. Add the **shallot** and **garlic**; season with salt and pepper. (If the pan seems dry, add 1 teaspoon of olive oil.) Cook, stirring occasionally, 30 seconds to 1 minute, or until softened and fragrant. Add the **demi-glaze**, **half the butter** and **2 tablespoons of water**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until well combined and heated through. Season with salt and pepper to taste. Transfer to a bowl and set aside in a warm place. Rinse and wipe out the pan.

5



## Brown the potatoes:

In the same pan, heat 1 tablespoon of olive oil and the **remaining butter** on medium-high until melted and hot. Add the **smashed potatoes** in a single layer. Cook, occasionally swirling the pan, 5 to 7 minutes, or until browned. Flip; cook 2 to 3 minutes, or until browned and crispy. Season with salt and pepper to taste. Transfer to a paper towel-lined plate; immediately top with **half the cheese**.

6



## Plate your dish:

Divide the **cooked chicken**, **braised green beans** and **browned potatoes** between 4 plates. Garnish the potatoes with the **remaining cheese**. Enjoy!