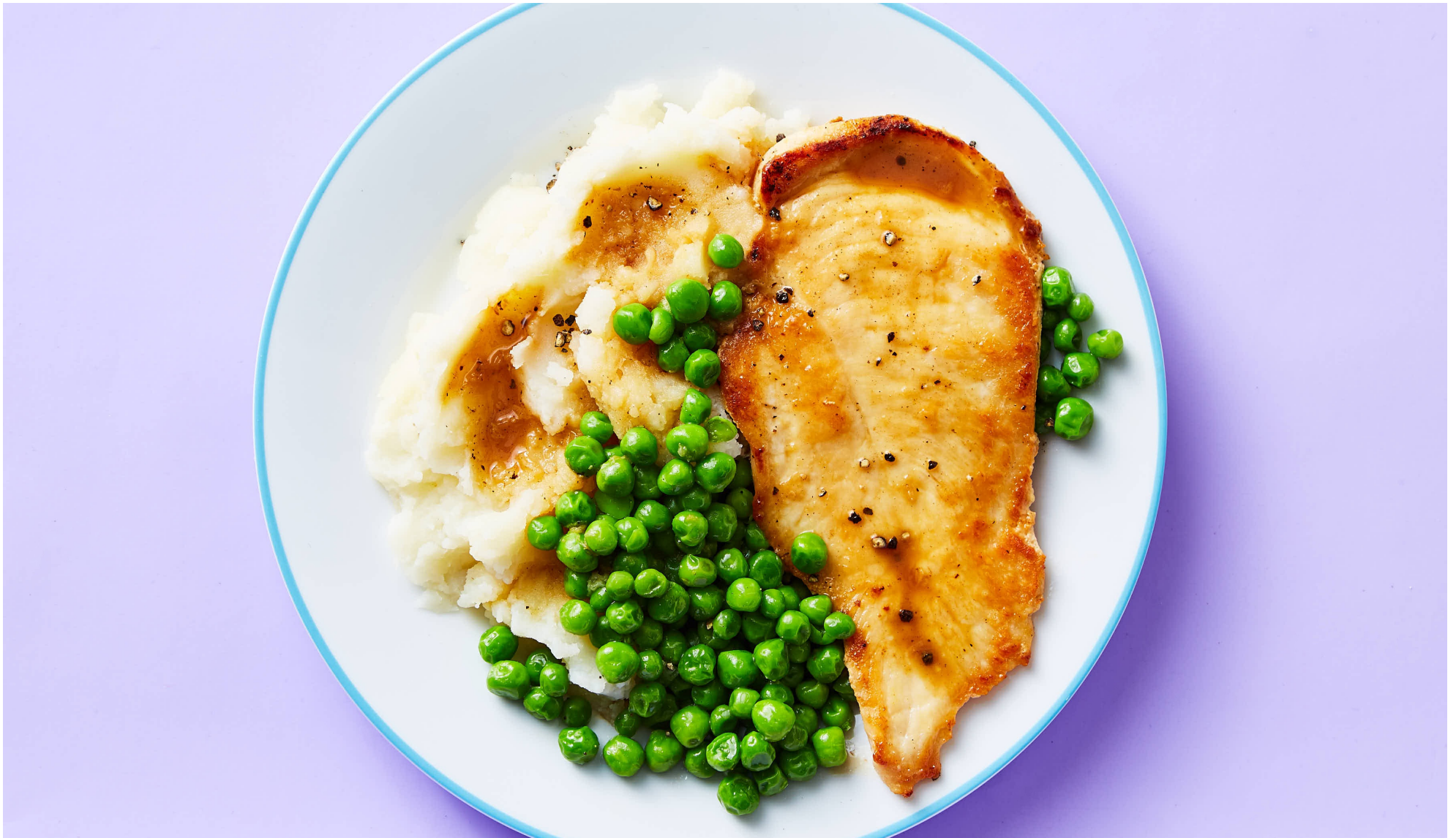




DINNERLY



Pan Seared Ginger Chicken with Mashed Potatoes & Sauteed Peas

 20-30min  2 Servings

Sometimes the difference between the dinnertime blahs and dinnertime oohs and ahs is a simple sauce. That's what makes restaurant meals 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. Mash and peas give you that extra oomph. We've got you covered!

WHAT WE SEND

- boneless, skinless chicken breasts
- russet potatoes
- fresh ginger
- chicken broth concentrate
- peas
- garlic

WHAT YOU NEED

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

TOOLS

- 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 580.0kcal, Fat 27.0g, Proteins 31.0g, Carbs 54.0g



1. Cook potatoes

Peel **potato**, then cut into 1-inch pieces. Place in a medium pot, along with **1 teaspoon salt** and enough water to cover by 1 inch. Cover and bring to a boil over high heat, then uncover and cook until easily pierced with a fork, about 10 minutes. Reserve **1/3 cup potato water**. Drain and return potatoes to pot. Cover to keep warm.



2. Sauté peas

Peel and grate **1/2 teaspoon garlic**. Peel and grate **1/2 teaspoon ginger** (save rest for own use). Melt **1/2 tablespoon butter** in a medium skillet over medium-high. Add **peas, 1/4 teaspoon of the 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.



3. Cook chicken

Pat **chicken** dry and pound to an even thickness, if necessary. Season each piece with **1/4 teaspoon salt and a few grinds pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken**, and cook until well browned and cooked through, turning once, 3–4 minutes per side. Transfer to a plate and cover to keep warm.



4. Make sauce

Melt **1 tablespoon butter** in same skillet. Add **ginger** and **remaining 1/4 teaspoon garlic**. Cook until fragrant, about 1 minute. Stir in **1/2 cup water, chicken broth concentrate, and tamari**. Cook until bubbling and slightly reduced, 1–2 minutes.



5. Finish potatoes & serve

Return **potatoes** to medium heat, add **2 tablespoons butter** and **reserved 1/3 cup potato water**. Mash potatoes using a masher until smooth, stirring to incorporate; season to taste with **salt and pepper**. Serve **chicken** alongside **mashed potatoes** and **peas**. Top with **sauce**. 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.