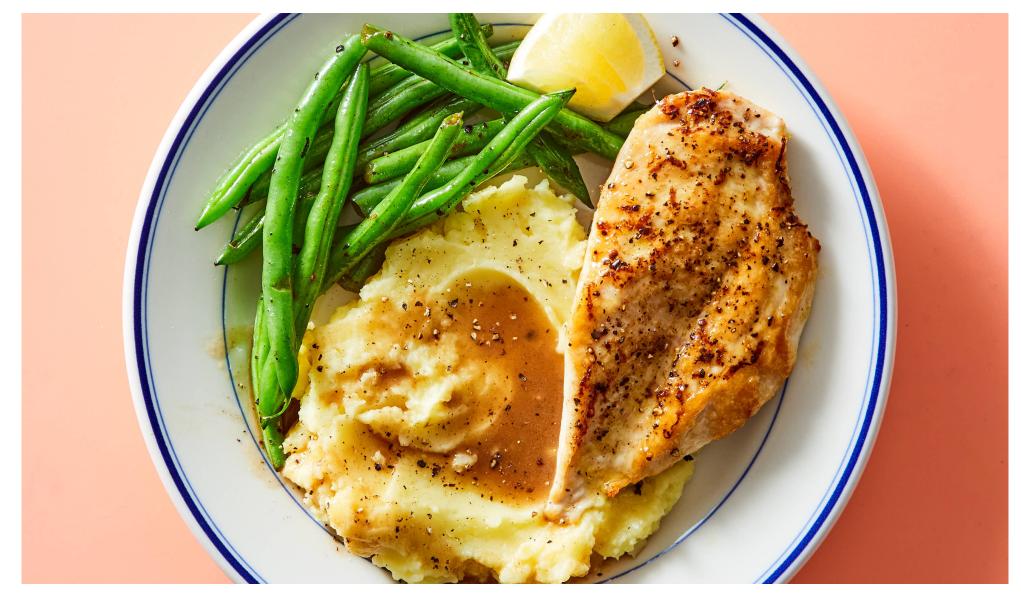
# DINNERLY



# Low-Cal Lemon-Pepper Chicken

with Mashed Potatoes & Green Beans

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!

💍 30-40min 🔌 2 Servings

## WHAT WE SEND

- 2 russet potatoes
- 1/2 lb pkg green beans
- 1 lemon
- 10 oz 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 32g, Carbs 52g, Protein 41g



## 1. Cook potatoes

Peel **potatoes**, then 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 off heat; cover to keep warm.



2. Sauté green beans

Meanwhile, trim ends from **green beans**. Heat **1 tablespoon oil** in a medium skillet over medium. Add green beans; season to taste 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 (see step 6 for microwave cooking instructions).



3. Season & cook chicken

Grate 11/2 teaspoons lemon zest into a small bowl; stir in 3/4 teaspoon salt and 1/4 teaspoon pepper. Pat chicken dry; pound to an even 1/2-inch thickness, if necessary. Rub with zest mixture.

Heat **1 tablespoon oil** in same skillet over medium-high. Add chicken; cook until browned and cooked through, 3–4 minutes per side. Transfer to a plate; cover to keep warm. Reserve skillet.



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**.



5. Make gravy & serve

Melt **1 tablespoon butter** in reserved skillet over medium heat. Whisk in ½ **tablespoon flour**; add **broth concentrate** and ½ **cup water**, scraping up any browned bits. Cook until slightly thickened, 2–3 minutes; squeeze in **1 teaspoon lemon juice**.

Serve chicken with potatoes and green beans and gravy spooned over top. Pass lemon wedges for squeezing over top. Enjoy!



6. Steam your beans!

Add green beans and 2 tablespoons water to a microwave-safe bowl. Cover with plastic wrap or a damp paper towel and cook on high power until tender, 3–5 minutes. Toss with olive oil or butter, then season to taste with salt and pepper.

Questions about the recipe? Cooking hotline: **888-267-2850** (Mon - Fri 9AM-9PM) View the recipe online by visiting your account at dinnerly.com