

DINNERLY



Low-Cal Lemon-Pepper 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

- 2 russet potatoes
- ½ 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 ⁷
- all-purpose flour ¹

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 **1½ teaspoons lemon zest** into a small bowl; stir in **¾ teaspoon salt** and **¼ teaspoon pepper**. Pat **chicken** dry; pound to an even ½-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 **¾ 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.