

DINNERLY



Oregano Chicken with Honey-Glazed Carrots:

Developed by Our Registered Dietitian



20-30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Nutrition experts say half your plate should be filled with fiber-rich veggies. They didn't mention how tasty it should be, but for us, that's a requirement. This dish hits both marks with sweet and tender carrots, a quick spinach salad, and a hearty chicken breast with a garlicky pan sauce. We've got you covered!

WHAT WE SEND

- ½ lb carrots
- ½ oz honey
- ½ oz whole-grain mustard
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz dried oregano
- 3 oz baby spinach

WHAT YOU NEED

- garlic
- butter ¹
- kosher salt & ground pepper
- apple cider vinegar (or red wine vinegar)
- olive oil
- all-purpose flour ²

TOOLS

- microwave
- rimmed baking sheet
- medium skillet

ALLERGENS

Milk (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 620kcal, Fat 43g, Carbs 22g, Protein 37g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Scrub **carrots**, then slice on an angle into ¼-inch thick pieces. Finely chop **1 teaspoon garlic**.

Place **2 tablespoons butter** in a small microwave-safe bowl; microwave until melted, about 30 seconds. Stir in **honey** and **half of the chopped garlic**; season with **salt** and **pepper**.



2. Roast & prep dressing

On a rimmed baking sheet, toss **carrots** with **honey-butter mixture**. Roast on upper oven rack until tender and browned in spots, 15–20 minutes.

Meanwhile, in a large bowl, whisk to combine **1 teaspoon each of mustard and vinegar** and **2 tablespoons oil**; season to taste with **salt** and **pepper**. Set dressing aside for step 5.



3. Cook chicken

Pat **chicken** dry and season all over with **2 teaspoons oregano** and **a pinch each of salt and pepper**.

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add chicken and cook until golden-brown and cooked through, 3–4 minutes per side. Transfer to a cutting board to rest, 5 minutes.



4. Make pan sauce

Heat **2 teaspoons oil** in same skillet over medium. Add **1½ teaspoon flour** and **remaining chopped garlic**; cook, stirring, until fragrant, 1 minute. Add **½ teaspoon vinegar** and **¾ cup water**; cook, stirring and scraping up any browned bits from bottom of skillet, until thickened, 1–2 minutes. Off heat, melt in **1 tablespoon butter**. Season to taste with **salt** and **pepper**.



5. Toss salad & serve

Add **spinach** to bowl with **dressing**; toss to combine. Pour **pan sauce** over **chicken**.

Serve **oregano chicken** with **spinach salad** and **honey-glazed carrots** alongside. Enjoy!



6. More mustard!

If you're a major mustard fan, add ½ teaspoon of the remaining mustard to the pan sauce in step 4.