

# DINNERLY



## Low-Carb Roasted Chicken & Double Green Beans

with Roasted Red Peppers



40-50min



2 Servings

| This version of the recipe is customized with double the green beans.



### WHAT WE SEND

- ½ lb green beans
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz harissa spice blend
- 1 lemon
- 4 oz roasted red peppers

### WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

### TOOLS

- 9x13-inch baking dish

### ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 220kcal, Fat 6g, Carbs 10g, Protein 35g



#### 1. Prep veggies

Preheat oven to 450°F with a rack in the upper third.

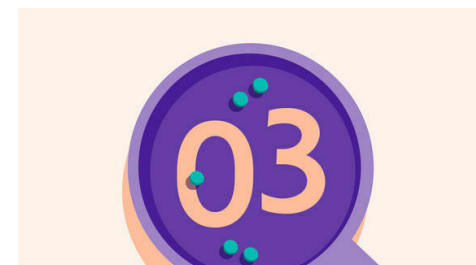
Trim stem ends from **green beans**.

Coarsely chop **roasted red peppers** into ½-inch pieces.



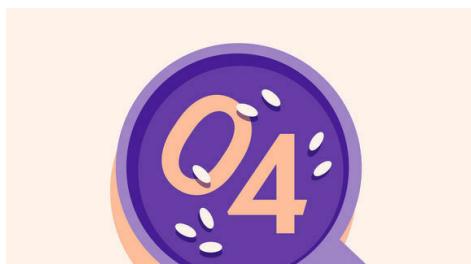
#### 2. Prep chicken

Pat **chicken** dry. Rub each breast with a **drizzle of oil**; season all over with **half of the harissa spice blend** (use more or less depending on heat preference) and **salt**.



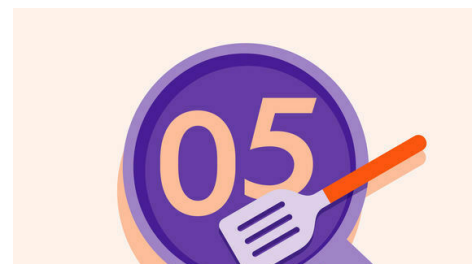
#### 3. Start veggies

In a 9x13-inch baking dish, toss **green beans** and **peppers** with **2 tablespoons water** and a **drizzle of oil**; season with **salt** and **pepper**. Cover with foil and bake on upper oven rack until green beans are just starting to soften, about 10 minutes.



#### 4. Roast chicken

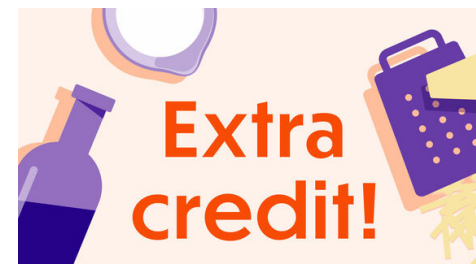
Push **green beans** to one side of baking dish and add **chicken** to open side. Bake on upper oven rack, uncovered, until chicken is cooked through, about 15 minutes.



#### 5. Finish & serve

Cut **lemon** into wedges.

Serve **roasted chicken** with **green beans** and **peppers** alongside and **lemon** for squeezing over top. Enjoy!



#### 6. Bring the heat!

If the harissa isn't spicy enough for you, add some crushed red pepper flakes to the green beans and peppers before roasting. Or top off your chicken with a few dashes of your favorite hot sauce!