

DINNERLY



Garlic-Butter Chicken with Sweet Potato Fries

& Spinach Salad



30-40min



2 Servings

This version of the recipe is customized with sweet potatoes.

WHAT WE SEND

- 2 sweet potatoes
- 2 scallions
- 1 plum tomato
- 10 oz pkg boneless, skinless chicken breast
- 3 oz baby spinach

WHAT YOU NEED

- 5 Tbsp olive oil
- kosher salt & ground pepper
- garlic
- red wine vinegar (or apple cider vinegar)
- all-purpose flour¹
- butter²

TOOLS

- rimmed baking sheet
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 840kcal, Fat 49g, Carbs 66g, Protein 39g



1. Roast sweet potatoes

Preheat oven to 425°F with a rimmed baking sheet on a rack in the lower third.

Scrub **potatoes**; cut into ¼-inch fries. Toss in a medium bowl with **2 tablespoons oil** and **a pinch each of salt and pepper**. Carefully spread onto preheated baking sheet; roast on lower oven rack until golden brown underneath, 12–15 minutes.



2. Prep ingredients

While **fries** roast, finely chop **1 teaspoon garlic**. Trim ends from **scallions**, then thinly slice. Cut **tomato** into ½-inch pieces.

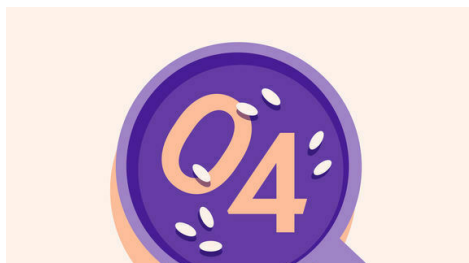
In a medium bowl, whisk together **2 tablespoons oil**, **1 tablespoon vinegar**, and **a pinch each of salt and pepper**. Add tomatoes, stirring to coat; set aside to marinate until step 5.



3. Prep & brown chicken

Pat **chicken** dry, then pound to an even ½-inch thickness, if desired. Season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high.

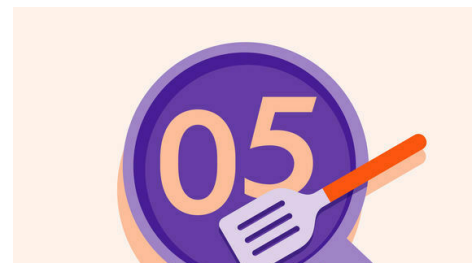
Place **2 tablespoons flour** on a plate. Dredge chicken in flour, tapping off any excess. Add to skillet; cook, without stirring, until well browned on the bottom, 3–4 minutes.



4. Finish chicken & sauce

Flip **chicken** and continue to cook until cooked through, 1–2 minutes more.

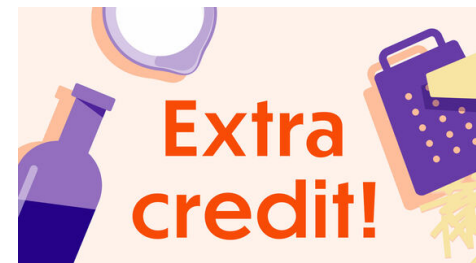
Add **chopped garlic** and **2 tablespoons butter** to skillet; cook, shaking skillet to coat chicken, until butter is melted and garlic is sizzling, about 30 seconds. Remove from heat and stir in **sliced scallions**; season to taste with **salt** and **pepper**.



5. Finish & serve

Generously season **fries** with **salt** and **pepper**; carefully toss to coat. Add **spinach** to bowl with **tomatoes and dressing**, tossing to coat.

Serve **garlic-butter chicken** with **sweet potato fries** and **spinach salad** alongside. Spoon **pan sauce** over top. Enjoy!



6. Take it to the next level

You know what makes everything better? Cheese. Crumble feta over the spinach salad or toss with your french fries to add a gooey decadence to your weeknight dinner.