

DINNERLY



Pan-Roasted Chicken & Roasted Sweet Potatoes

with Garlic Sauce



30-40min



2 Servings

Here's what separates the restaurant dishes we love from the home-cooked meals that sometimes make us wish we were eating at a restaurant—the saucy sauce that brings everything together! Home cooking doesn't have to mean no sauce! Here we top a golden-brown chicken breast and caramelized veggies with a velvety garlic sauce that'll have you like, new sauce, who dis? We've got you covered!

WHAT WE SEND

- 2 sweet potatoes
- 2 carrots
- 2 scallions
- 1 oz sour cream ⁷
- 10 oz pkg boneless, skinless chicken breast

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)
- sugar
- garlic

TOOLS

- rimmed baking sheet
- microplane or grater
- medium skillet

ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 600kcal, Fat 20g, Carbs 69g, Protein 38g



1. Prep ingredients

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

Scrub **sweet potatoes**, then cut lengthwise into ½-inch wedges. Scrub and trim ends from **carrots**; cut in half crosswise, then cut into ¼-inch wedges. Trim ends from **scallions**; thinly slice **1 tablespoon of the dark greens** and cut remaining scallions into 1-inch pieces.



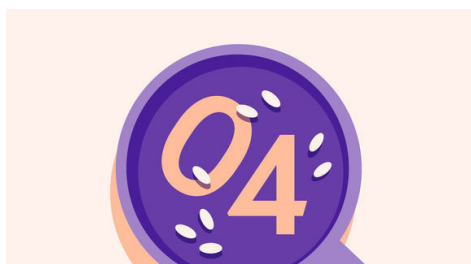
2. Roast veggies

On a rimmed baking sheet, toss to combine **potatoes, carrots, 1 tablespoon oil, ½ teaspoon salt, and a few grinds of pepper**. Roast on lower oven rack until veggies are almost tender, about 10 minutes. Add **1-inch scallion pieces** to sheet and carefully stir to combine. Continue roasting until veggies are tender and browned in spots, 10–15 minutes. Cover to keep warm until ready to serve.



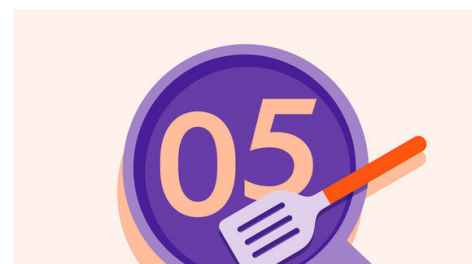
3. Make garlic sauce

While **veggies** cook, finely grate ¼ **teaspoon garlic** into a small bowl. Add **sour cream, 2 teaspoons oil, ½ teaspoon vinegar, and ¼ teaspoon sugar**; stir to combine. Thin sauce by adding **1 teaspoon water** at a time, as needed, until it drizzles from a spoon. Season to taste with **salt and pepper**. Set aside until ready to serve.



4. Prep chicken

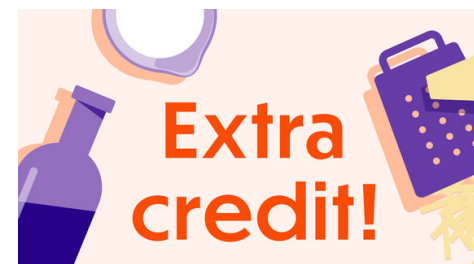
Pat **chicken** dry, then pound to an even ½-inch thickness, if desired. Season all over with ½ **teaspoon salt** and **a few grinds of pepper**.



5. Cook chicken & serve

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **chicken** and cook until golden-brown on the bottom, about 3 minutes. Flip and continue cooking until cooked through, about 3 minutes more.

Serve **pan-roasted chicken** with **roasted veggies** alongside. Drizzle **garlic sauce** over **chicken** and sprinkle with **remaining scallion dark greens**. Enjoy!



6. Make it picky eater proof

If you want to keep this dish even cleaner, or if you've just got a picky eater or two among you, serve the garlic sauce on the side.