

# DINNERLY



## Low-Cal Roasted Chicken Breast with Green Beans, Carrots & Sriracha Butter



20-30min



2 Servings

Any night that roasted chicken is on the table is a good night as far as we're concerned! This one is served with gingery carrots, green beans, and a (kinda) fancy Sriracha butter, for an added kick. We've got you covered!

### WHAT WE SEND

- 1 oz fresh ginger
- 1 carrot
- ½ lb green beans
- 1 pkt Sriracha
- 10 oz pkg boneless, skinless chicken breast

### WHAT YOU NEED

- butter <sup>7</sup>
- kosher salt & ground pepper
- olive oil

### TOOLS

- medium ovenproof skillet

### ALLERGENS

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

### NUTRITION PER SERVING

Calories 370kcal, Fat 20g, Carbs 15g, Protein 35g



#### 1. Prep chicken & butter

Preheat oven to 450°F with a rack in the top position.

Take **2 tablespoons butter** out to soften at room temperature until step 5.

Pat **chicken** dry, then season all over with **salt** and **a few grinds of pepper**.



#### 2. Prep veggies

Peel and finely chop **1 teaspoon ginger**.

Scrub **carrots**, then thinly slice on an angle.

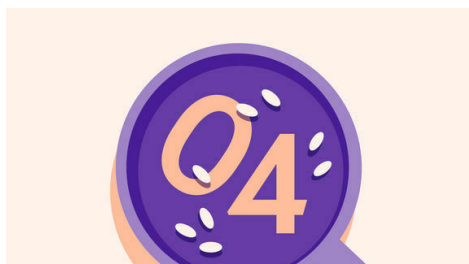
Trim stem ends from **green beans**.



#### 3. Sauté carrots & ginger

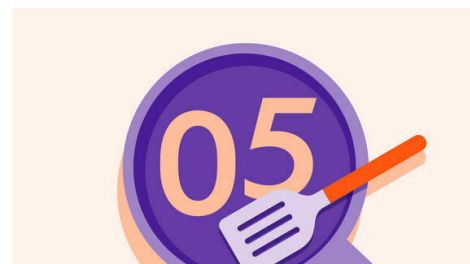
Heat **2 tablespoons oil** in a medium ovenproof skillet over medium-high. Add **carrots, chopped ginger, and a pinch each salt and pepper**. Cook, stirring, until ginger is fragrant and carrots are just tender, about 3 minutes.

Stir in **green beans** and cook until crisp tender, about 3 minutes; remove skillet from heat.



#### 4. Roast chicken

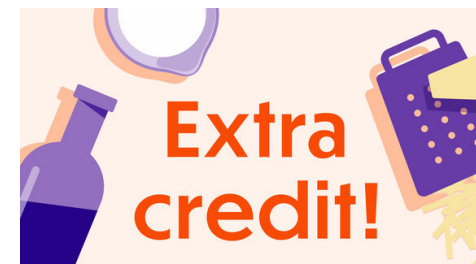
Place **chicken** on top of **veggies**, then transfer skillet to top oven rack. Roast until chicken is cooked through or registers 165°F internally, about 10 minutes. Remove from the oven; let rest 5 minutes.



#### 5. Make butter & serve

Meanwhile, in a small bowl, mash **softened butter** with **Sriracha** (use less depending on heat preference). Spread **Sriracha butter** over **chicken**; slice, if desired.

Serve **roasted chicken** with **green beans** and **carrots** alongside. Enjoy!



#### 6. Add a carb

We made this a low-carb meal on purpose, but feel free to add a side of crusty bread or roasted potatoes to dip in any extra butter!