

DINNERLY



LOW CALORIE

**PICKY EATER
PROOF**

Seared Chicken with Roasted Veggies & Garlic Sauce



30-40min



2 Servings

Here's what separates the restaurant dishes we know and love from the home cooked meals that sometimes make us wish we were eating out 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 co...

WHAT WE SEND

- boneless, skinless chicken breasts
- russet potato
- garlic
- carrots
- scallions
- 7

WHAT YOU NEED

- apple cider vinegar
- kosher salt & ground pepper
- olive oil
- sugar

TOOLS

- medium skillet
- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

Calories 510kcal, Fat 21g, Carbs 53g, Protein 30g



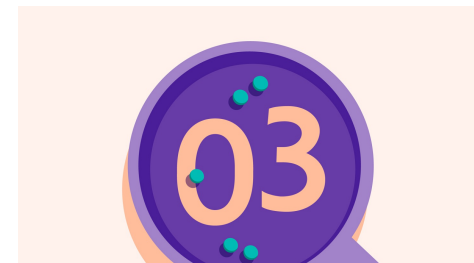
1. Prep ingredients

Preheat oven to 450°F with a rack in the bottom position. Scrub **potato** and cut lengthwise into ½-inch wedges. Scrub **carrots**, trim ends, and cut in half crosswise, then cut into ¼-inch wedges. Trim ends from **scallions** and thinly slice 1 **tablespoon of the dark greens**. Cut remaining scallions into 1-inch pieces.



2. Roast veggies

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



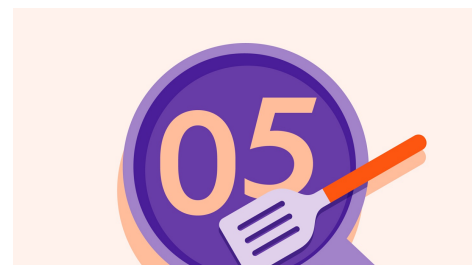
3. Make garlic sauce

Meanwhile, peel and finely chop ¼ **teaspoon garlic**. In a small bowl, combine **sour cream**, **chopped garlic**, ½ **teaspoon vinegar**, ¼ **teaspoon sugar**, and 2 **teaspoons oil**. Mix in 1 **teaspoon water** at a time, as needed, to achieve a thinner consistency; season to taste with **salt** and **pepper**.



4. Prep chicken

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



5. Cook chicken & serve

Heat 2 **teaspoons oil** in a medium skillet over medium-high. Add **chicken** and cook until golden brown, about 3 minutes. Flip, and continue cooking until chicken is cooked through, 1-2 minutes. Serve **chicken** with **roasted veggies** alongside. Drizzle **garlic sauce** all over **chicken** and sprinkle with **sliced scallion 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.