

DINNERLY



LOW CARB

ONE-SKILLET

Creamy Ranch Skillet Chicken with Edamame Succotash



20-30min



2 Servings

Sylvester the Cat used to talk a lot about sufferin' succotash, but the only sufferin' happening with this dish will be if you miss out on it. The creamy ranch dressing coats the veggies—corn, edamame, and roasted red peppers—to make for a decadent side dish. Be sure to get some of the sauce with every bite of chicken! We've got you covered!

WHAT WE SEND

- boneless, skinless chicken breasts
- roasted red peppers
- corn
- garlic
- ranch powder ⁷

WHAT YOU NEED

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

TOOLS

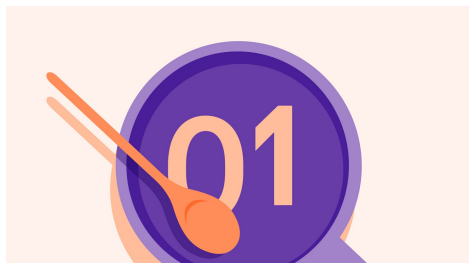
- meat mallet (or heavy skillet)
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 450kcal, Fat 25g, Carbs 23g, Proteins 32g



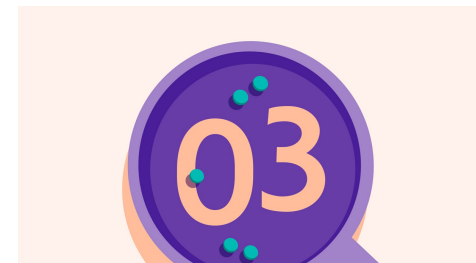
1. Prep garlic & peppers

Peel and finely chop **1 teaspoon garlic**. Coarsely chop **roasted peppers**.



2. Prep ranch

In a medium bowl, whisk **all of the sour cream** with **2¼ teaspoons of the ranch seasoning**, **⅓ cup water**, **1 teaspoon vinegar**, **a pinch of salt**, and **a few grinds pepper**.



3. Brown chicken

Pat **chicken** dry and, using a meat mallet or heavy skillet, pound until ¼-inch thick; season all over with **½ teaspoon salt** and **a few grinds pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Cook chicken until browned and cooked through, 2–3 minutes per side. Transfer to a plate and cover to keep warm. Wipe out skillet.



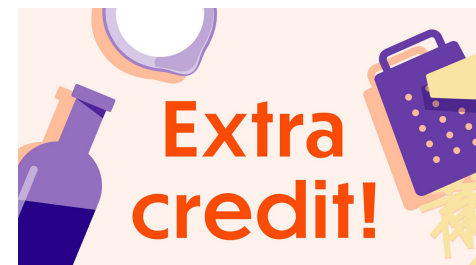
4. Make succotash

Heat **1 tablespoon oil** in same skillet over medium. Add **garlic**, **corn**, **edamame**, and **1½ tablespoons water**. Cook, stirring, until water is evaporated, 1–2 minutes. Add **peppers** and **ranch** to skillet, then reduce heat to low. Cook until vegetables are tender and sauce is slightly thickened, about 2 minutes. Season with **salt** and **pepper** to taste.



5. Serve

Serve **chicken** alongside the **succotash**. Enjoy!



6. Carbo load

Add oven fries as a starchy side to accompany!