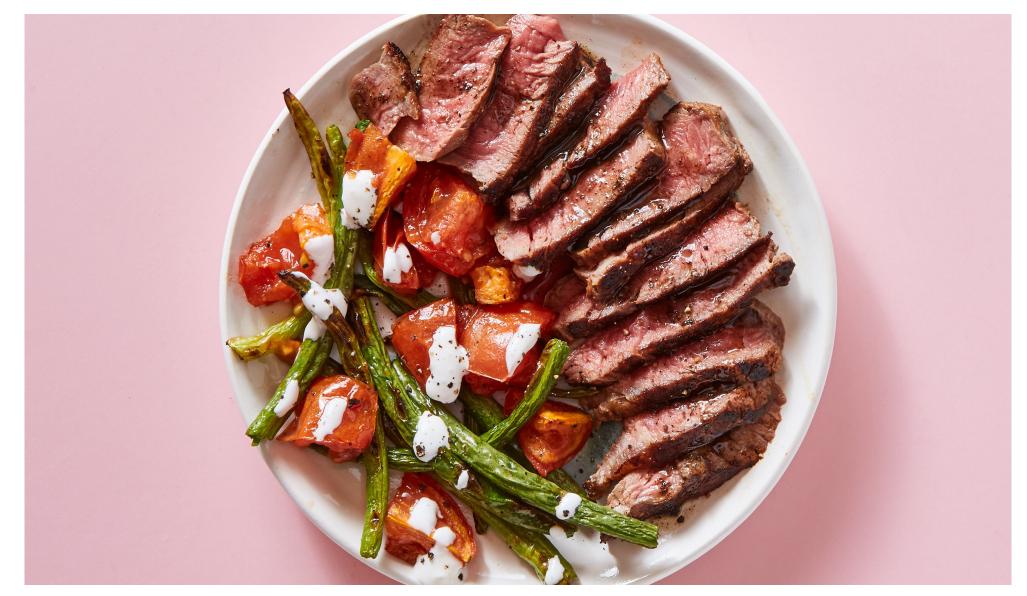
# DINNERLY



# Low-Carb Chicken & Garlic Sauce

with Roasted Green Beans & Tomatoes

30min 2 Servings

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Keeping it simple is the key to unlocking your inner chef. And simple is the name of the game when it comes to chicken. All you need is a hot skillet and a sprinkle of seasoning. A drizzle of garlic sour cream sauce and a roasted veggie duo turns this simple supper into a restaurant-worthy dish. Yaaaas chef, you did that. We've got you covered!

### WHAT WE SEND

- 2 plum tomatoes
- ½ lb green beans
- 1 oz sour cream<sup>7</sup>
- ¼ oz smoked paprika
- 10 oz pkg boneless, skinless chicken breast

#### WHAT YOU NEED

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

#### TOOLS

- $\cdot$  microplane or grater
- rimmed baking sheet
- medium skillet

#### ALLERGENS

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

#### NUTRITION PER SERVING

Calories 470kcal, Fat 32g, Carbs 14g, Protein 37g



1. Prep ingredients

Preheat broiler with a rack in the top position.

Cut tomatoes into 1-inch pieces.

Trim ends from green beans.

Pat chicken dry; season all over with smoked paprika and a pinch each of salt and pepper.



2. Make garlic sauce

Finely grate ½ **teaspoon garlic** . In a small bowl, thin **sour cream** by adding **1 tablespoon water** at a time until it drizzles from a spoon. Stir in **grated garlic** and **a pinch each of salt and pepper** until combined. Set aside until step 5.



3. Cook veggies

On a rimmed baking sheet, toss **green beans** and **tomatoes** with **1 tablespoon oil** and **a pinch each of salt and pepper**. Broil on top oven rack until beans are tender and tomatoes are charred in spots, tossing halfway through cooking time, 5–7 minutes (watch closely as broilers vary).



## 4. CHICKEN VARIATION

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken**; cook until well-browned and cooked through, 3-4 minutes per side. Transfer to a cutting board.

Reduce heat to low, then add **1 tablespoon butter** and **2 tablespoons water**. Cook, stirring and scraping up any browned bits, until butter melts and **pan sauce** comes together.



5. Finish & serve

Slice chicken, if desired.

Serve chicken with tomatoes and green beans alongside. Drizzle garlic sauce over veggies and pan sauce over chicken. 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 soak up all the savory pan sauce!