

DINNERLY



Low-Carb Chicken & Garlic Sauce with Roasted Green Beans & Tomatoes



30min



2 Servings

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 ⁷
- ¼ oz smoked paprika
- 10 oz pkg boneless, skinless chicken breast

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- butter ⁷
- garlic

TOOLS

- 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!