

DINNERLY



Chicken & Honey-Lime Roasted Carrots with Chipotle Pan Sauce



20-30min



2 Servings

There's so much to love about chicken dinners. First of all, yum. Secondly, it's so simple to put together a treat-yourself meal and fast. These tender chicken breasts sear up in a matter of minutes, paired with a smoky-sweet chipotle pan-sauce and some sweet and tangy roasted veggies. Boom. Dinner is on the table in under 30 minutes. We've got you covered!

WHAT WE SEND

- 1 lime
- 2 carrots
- 1 red onion
- ½ oz honey
- 10 oz pkg boneless, skinless chicken breast
- 1 oz chipotle chiles in adobo sauce ¹⁷

WHAT YOU NEED

- kosher salt & ground pepper
- neutral oil
- 1 Tbsp butter ⁷

TOOLS

- rimmed baking sheet
- medium (10") skillet

ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 440kcal, Fat 22g, Carbs 29g, Protein 35g



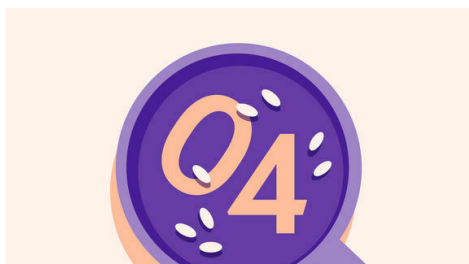
1. Prep ingredients

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

Finely grate ½ **teaspoon lime zest** and reserve for step 5. Squeeze **1 tablespoon lime juice** into a medium bowl; cut any remaining lime into wedges.

Scrub **carrots**, halve lengthwise, then cut crosswise into 2-inch half-moons.

Halve **onion**, then cut into 1-inch wedges.

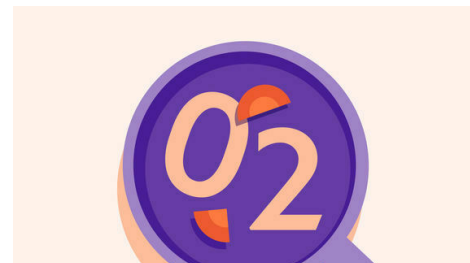


4. CHICKEN VARIATION

Pat **chicken** dry; season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken; cook until golden brown and cooked through, 3–4 minutes per side. Transfer to a plate.

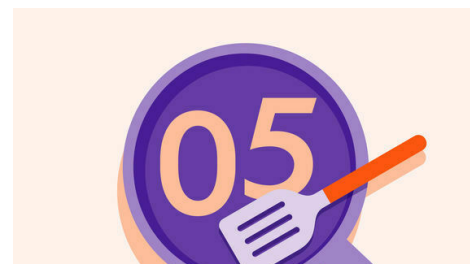
Remove skillet from heat; add **2 tablespoons water**, **1 tablespoon butter**, and **1–1½ teaspoons chipotle** (depending on heat preference). Stir to melt butter.



2. Season carrots & onions

Add **honey**, ½ **teaspoon salt**, and **1½ tablespoons oil** to bowl with **lime juice**; whisk to combine.

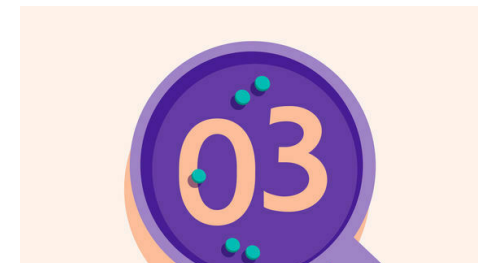
Add **carrots** and **onions**, tossing to combine.



5. Finish & serve

Thinly slice **chicken** and transfer to serving plates. Season **chipotle pan sauce** to taste with **salt**, then spoon sauce over **chicken**. Add **reserved lime zest** to roasted veggies, tossing to combine.

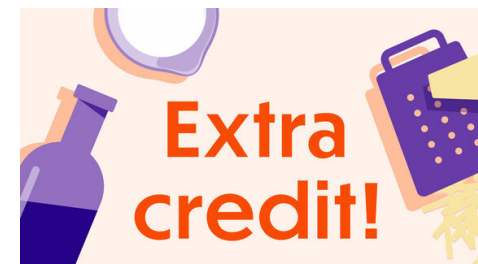
Serve **chicken** alongside **honey-lime roasted carrots** with **lime wedges** for squeezing over. Enjoy!



3. Roast carrots & onions

Transfer **seasoned carrots and onions with any liquid** onto a rimmed baking sheet. Spread into an even layer.

Roast on center oven rack until tender and browned in spots, 10–15 minutes.



6. Add a carb!

We made this a low-carb meal on purpose, but we totally support adding a side of crusty garlic bread or roasted potatoes to up the comfort-food vibes!