

DINNERLY



Low-Carb Chicken & Creamy Mustard Sauce

with Corn & Green Beans



20-30min



2 Servings

This dish has a few tricks up its sleeve. Not only is it lick-the-plate-clean tasty, it's also low carb, nutritious, and seriously easy to make. Just cook the chicken, pop the veggies in the oven, and whisk together a sour cream and mustard sauce you'll want to smother on every meal (well, maybe not dessert, but you do you). We've got you covered!

WHAT WE SEND

- ½ lb green beans
- 2 (1 oz) sour cream¹
- ½ oz whole-grain mustard
- 10 oz pkg boneless, skinless chicken breast
- 5 oz corn

WHAT YOU NEED

- garlic
- sugar
- kosher salt & ground pepper
- olive oil

TOOLS

- medium skillet
- rimmed baking sheet

ALLERGENS

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 440kcal, Fat 22g, Carbs 23g, Protein 39g



1. Prep garlic & green beans

Finely chop ½ **teaspoon** garlic.

Trim stem ends from **green beans**; snap or cut into 1½-inch pieces.



2. Make mustard sauce

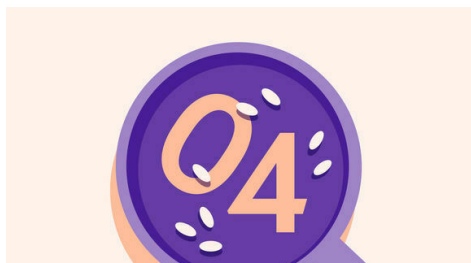
In a small bowl, stir to combine **all of the sour cream, chopped garlic, mustard, 1 tablespoon water, and ¼ teaspoon sugar**; season to taste with **salt** and **pepper** and set aside until ready to serve.



3. Cook chicken

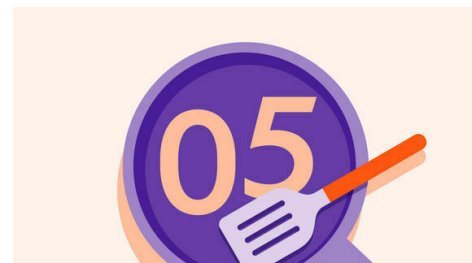
Pat **chicken** dry and pound to an even ½-inch thickness, if desired. Season all over with a **generous pinch each of salt and pepper**.

Heat 1 **tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until golden-brown and cooked through, 3–4 minutes per side. Cover to keep warm off heat.



4. Broil green beans

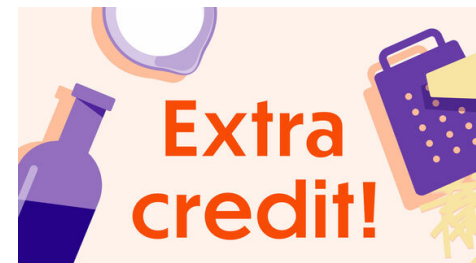
While **chicken** cooks, preheat broiler with a rack in the top position. On a rimmed baking sheet, toss **green beans** with 1 **tablespoon oil**; season with **salt** and **pepper**. Broil on top oven rack until almost tender, about 3 minutes (watch closely).



5. Finish & serve

Add **corn** to baking sheet with **green beans** and toss to combine. Return to top oven rack; broil until green beans are tender and browned in spots, and corn is warmed through, about 2 minutes.

Serve **chicken** with **green beans and corn** alongside. Drizzle **creamy mustard sauce** over top. Enjoy!



6. Cook it on the grill

If you're looking to add summery vibes to this delicious meal, cook the chicken on the grill instead of the stovetop!