

DINNERLY



Seared Chicken Breast & Gravy

with Roasted Potatoes & Green Beans



30-40min



2 Servings

| What do you call a pig that does karate? PORK CHOP! We've got you covered!

WHAT WE SEND

- 1 russet potato
- ½ lb green beans
- 1 shallot
- ¼ oz steak seasoning
- 10 oz pkg boneless, skinless chicken breast

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- all-purpose flour (or gluten-free alternative)
- white wine vinegar (or apple cider vinegar) ¹⁷

TOOLS

- rimmed baking sheet
- meat mallet (or heavy skillet)
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 580kcal, Fat 23g, Carbs 59g, Protein 41g



1. Roast potatoes

Preheat oven to 450°F with rack in center. Scrub **potato**, then cut into ½-inch thick wedges. On a rimmed baking sheet, toss potatoes with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on center oven rack until potatoes are golden and crisp underneath, 10–12 minutes.



2. Prep ingredients

Trim ends from **green beans**. Cut **shallot** into quarters, then separate into pieces.



3. Cook chicken

Pat **chicken** dry, then season all over with **___ steak seasoning**. Heat **___1 tablespoon oil** in a medium skillet over medium-high. Add chicken to skillet; cook until browned and cooked through, 3–4 minutes per side. Transfer to a plate; reserve skillet with **pan drippings** for step 5.



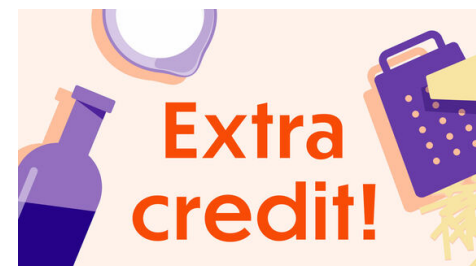
4. Roast green beans

Meanwhile, flip **potatoes** and push to one side of the baking sheet. Add **green beans** and **shallots** to other side and toss with **1 tablespoon oil**; season with **a pinch each of salt and pepper**. Roast on center oven rack until potatoes are crispy and golden underneath and green beans are tender and browned in spots, 8–10 minutes.



5. Cook gravy & serve

Heat **pan drippings** in reserved skillet over medium-high. Whisk in **½ tablespoon flour**, scraping up browned bits from bottom. Whisk in **½ cup water** and **¼ teaspoon vinegar**. Bring to a boil. Cook until gravy thickens enough to coat back of a spoon, 1–2 minutes; season to taste with **salt**. Serve **chicken** with **gravy** spooned on top alongside potatoes and green beans. Enjoy!



6. Make it low carb!

We have nothing against potatoes. But, we love how easy it is to swap these roasted spuds for a low-carb variation like roasted root veggies. Cut veggies like carrots, parsnips, and jicama into ½-inch planks. Toss on baking sheet with oil; season with salt and pepper. Roast, shaking baking sheet halfway through, until browned and tender, 15–20 minutes.