

DINNERLY



Low-Carb Roasted Chicken with Green Beans & Peppers



40-50min



2 Servings

After enjoying a nice dinner, the last thing you wanna do is face the mountain of dishes that got you there, right? Consider this your new speedy weeknight go-to: Just toss harissa-rubbed chicken, green beans, and red peppers into one baking dish and get roasting. We've got you covered!

WHAT WE SEND

- ½ lb green beans
- 4 oz roasted red peppers
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz harissa spice blend
- 1 lemon

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- 9x13-inch baking dish

COOKING TIP

Veggies might cook faster than the meat, so keep a close eye on them and remove from oven if they're browning too quickly.

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

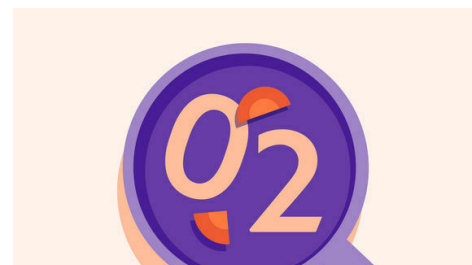
Calories 240kcal, Fat 7g, Carbs 14g, Protein 35g



1. Prep veggies

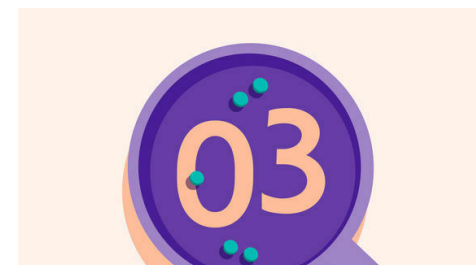
Preheat oven to 450°F with a rack in the upper third.

Trim stem ends from **green beans**. Slice **roasted red peppers** into thin strips, if necessary.



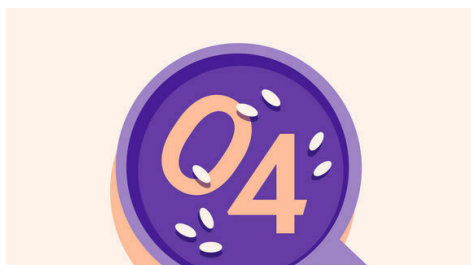
2. Prep chicken

Pat **chicken** dry. Rub each breast with a **drizzle of oil**; season all over with **half of the harissa spice blend** (use more or less depending on heat preference) and **salt**.



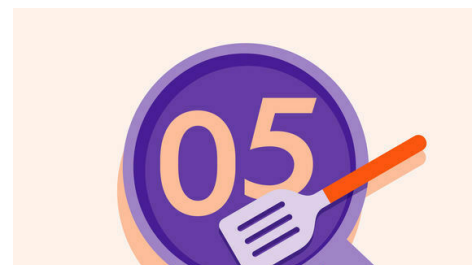
3. Start veggies

In a 9x13-inch baking dish, toss **green beans** and **peppers** with **1 tablespoon water** and a **drizzle of oil**; season with **salt** and **pepper**. Cover with foil and bake on upper oven rack until green beans are just starting to soften, about 10 minutes.



4. Roast chicken

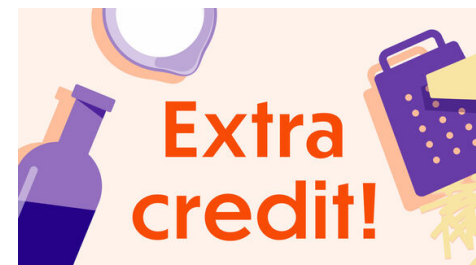
Push **green beans** and **peppers** to one side of baking dish; add **chicken** to open side. Bake on upper oven rack, uncovered, until green beans are browned in spots, and chicken is cooked through, about 15 minutes (see cooking tip!).



5. Finish & serve

Cut **lemon** into wedges.

Serve **roasted chicken** with **green beans** and **peppers** alongside and **lemon wedges** for squeezing over top. Enjoy!



6. Bring the heat!

If the harissa isn't spicy enough for you, add some crushed red pepper flakes to the green beans and peppers before roasting. Or top off your chicken with a few dashes of your favorite hot sauce!