

# DINNERLY



## Chicken & Veggie Foil Packets

with Zucchini, Tomatoes & Corn



30min



2 Servings

Would you believe us if we told you that all you need to make this recipe is a knife, a cutting board, and some foil or parchment paper? Oh, and did we mention how tasty it is? No, you're not dreaming. We've got you covered!

## WHAT WE SEND

- 1 zucchini
- 1 plum tomato
- ½ lb pkg chicken breast strips
- ¼ oz taco seasoning
- 5 oz corn
- 1 lime

## WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- butter <sup>1</sup>

## TOOLS

- 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 380kcal, Fat 23g, Carbs 21g, Protein 30g



### 1. CHICKEN VARIATION

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

Trim ends from **zucchini** and cut into ¼-inch rounds. Trim ends from **tomato**, then thinly slice.

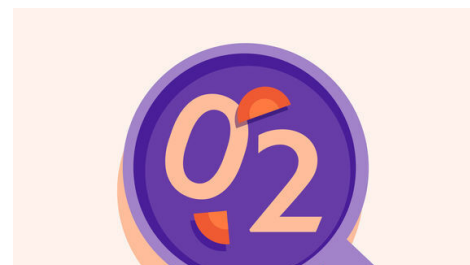
Pat **chicken** dry. Toss in a bowl with **all of the taco seasoning** and **1 tablespoon oil**.



### 4. Finish & serve

While **packets** bake, cut **lime** into wedges. Once done cooking, carefully open packets and drizzle **chicken** with **oil**.

Serve **baked chicken and veggies** with **lime wedges** alongside for squeezing over top. Enjoy!



### 2. Assemble foil packets

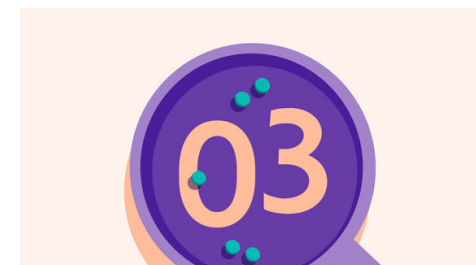
Cut 2 pieces of foil or parchment into 12x20-inch rectangles.

Divide **zucchini, tomatoes, and corn** between foil or parchment sheets, placing in the center; season with **salt** and **pepper**. Top each pile with **1 tablespoon butter**.



### 5. ...

What were you expecting, more steps?



### 3. Bake chicken packets

Place **chicken** over **veggies**. Fold sides of foil or parchment over the top and pinch edges to seal.

Place packets on a rimmed baking sheet; roast on center oven rack until chicken reaches 165°F when tested with an instant read thermometer and veggies are tender, 15–20 minutes. Let packets sit 5 minutes before opening.



### 6. ...

Nope, you're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!