



Lemon & Herb Chicken

with Garlicky Yogurt & Green Beans



20-30min



2 Servings

This meal is proof that dinner can be satisfying without being heavy. Greek yogurt is a real power player when it comes to making a meal feel rich, while still keeping it light. In this case, the yogurt is spiked with garlic and lemon to make a sauce for quick-cooking boneless chicken breast. Toasted pita is perfect for wrapping around the chicken for layers of deliciousness in every bite!

What we send

- garlic
- 1 lemon
- ¼ oz fresh oregano
- ½ lb green beans
- 2 scallions
- 12 oz pkg boneless, skinless chicken breasts
- 2 Mediterranean pitas ^{2,3,4}
- 4 oz Greek yogurt ¹

What you need

- olive oil
- kosher salt & ground pepper

Tools

- microplane or grater
- rimmed baking sheet
- large heavy skillet (preferably cast-iron)

Allergens

Milk (1), Sesame (2), Soy (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

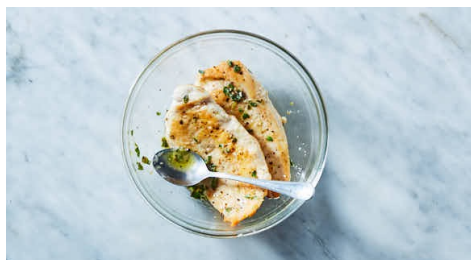
Nutrition per serving

Calories 700kcal, Fat 34g, Carbs 49g, Protein 53g



1. Prep ingredients

Finely chop **1 teaspoon garlic**. Finely grate **½ teaspoon lemon zest**, then separately squeeze **1 tablespoon lemon juice** into a medium bowl. Cut any remaining lemon into wedges. Pick and coarsely chop **1 tablespoon oregano leaves**; discard stems. Trim ends from **green beans**. Trim **scallions**, then thinly slice.



4. Cook chicken

Heat **1 tablespoon oil** in a large heavy skillet (preferably cast-iron) over medium-high. Add **chicken** and cook, turning once, until golden brown and cooked through, 3-4 minutes per side. Transfer to bowl with **lemon-garlic dressing**. Set aside, turning chicken in dressing occasionally, until ready to serve.



2. Prep chicken & dressing

Preheat broiler with a rack in the top position.

Pat **chicken** dry, then pound to ½-inch thickness, if necessary. Lightly rub with **oil** and season all over with **salt** and **pepper**. To bowl with **lemon juice**, add **chopped oregano**, **half of the chopped garlic**, **2 tablespoons oil**, and **a pinch each of salt and pepper**; whisk to combine. Set chicken and dressing aside until step 4.



5. Cook green beans

Heat **1 tablespoon oil** in same skillet over medium-high. Add **green beans** and **a pinch each of salt and pepper**. Cover and cook, stirring occasionally, until green beans are crisp-tender and browned in spots, 3-4 minutes. Off heat, add **scallions**, **a squeeze of lemon juice**, and **a drizzle of oil**; toss to coat green beans.



3. Toast pitas

On a rimmed baking sheet, lightly brush **pitas** with **oil**. Broil on top oven rack until golden brown, turning once, 1-2 minutes per side (watch closely as broilers vary). Cover to keep warm and set aside until ready to serve.



6. Make yogurt sauce & serve

Stir **lemon zest**, **remaining chopped garlic**, and **1 tablespoon oil** into **yogurt**; season to taste with **salt** and **pepper**. Spread **a dollop of yogurt** onto plates, then top with **chicken** and **green beans**. Drizzle **remaining lemon-garlic dressing** over top. Cut **pitas** into quarters. Serve with **remaining yogurt sauce** and **any lemon wedges** for squeezing over. Enjoy!