

# DINNERLY



## Low-Cal Pan-Roasted BBQ Chicken with Oven Fries & Creamed Peas



30-40min



2 Servings

Sometimes a simple chicken dish just needs an unexpected twist to make it feel fancy. BBQ chicken is always a winner, winner, chicken dinner—especially when there's roasted potatoes to dip in that sweet and smoky sauce, too. But we've made the humble pea really stand out by mixing them with tangy sour cream. We've got you covered!

## WHAT WE SEND

- 2 potatoes
- 5 oz peas
- ¼ oz granulated garlic
- 1 oz sour cream <sup>7</sup>
- 10 oz pkg boneless, skinless chicken breast
- 4 oz barbecue sauce

## WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- butter <sup>7</sup>

## TOOLS

- rimmed baking sheet
- medium skillet

## ALLERGENS

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 650kcal, Fat 22g, Carbs 75g, Protein 42g



### 1. Roast potatoes

Preheat oven to 450°F with a rack in the lower third. Scrub **potatoes**, then cut lengthwise into ½-inch wedges. Toss on a rimmed baking sheet with **1 tablespoon oil**, **1 teaspoon salt**, and **a few grinds of pepper**. Roast until deep golden brown and crisp, flipping halfway through cooking time, 23–25 minutes.



### 2. Sauté peas

Melt ½ **tablespoon butter** in a medium skillet over medium-high. Add **peas**, **a pinch each of salt and granulated garlic**, and **a few grinds of pepper**. Cook, stirring, until peas are tender and heated through, 2–3 minutes. Remove from heat and stir in **sour cream**. Transfer to a bowl and cover to keep warm. Wipe out skillet.



### 3. Cook chicken

Pat **chicken** dry and pound to an even thickness, if desired. Lightly season with **salt** and **pepper**.

In same skillet, heat **1 tablespoon oil** over medium-high. Add chicken and cook until well-browned and cooked through, about 3 minutes per side. Add **barbecue sauce** and **2 tablespoons water** to skillet, turning chicken to coat. Cook until sauce is warmed through, about 1 minute.



### 4. Serve

Serve **BBQ chicken** with **sauce** spooned over top and with **oven fries** and **creamed peas** alongside. Enjoy!



### 5. ...

What were you expecting, more steps?



### 6. ...

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