

# DINNERLY



## Roasted Chicken Breast with Green Beans & Cheddar Grits



20-30min



2 Servings

Some people get excited about puppies. Some people get excited about summer. We get excited about cheesy grits. Especially when they're the bed for a juicy chicken breast, roasted green beans, and a garlicky pan sauce spooned over top. You can't see us right now, but we're doing our happy dance. We've got you covered!

### WHAT WE SEND

- 10 oz pkg boneless, skinless chicken breast
- ¼ oz all-purpose spice blend
- ½ lb green beans
- 3 oz grits
- 2 oz shredded cheddar-jack blend<sup>1</sup>
- 1 pkt turkey broth concentrate

### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- butter<sup>1</sup>
- apple cider vinegar (or white wine vinegar)
- garlic

### TOOLS

- medium ovenproof skillet
- small saucepan

### COOKING TIP

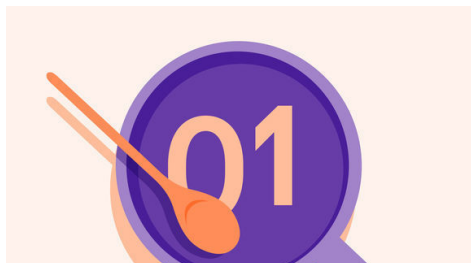
Veggies might cook faster than the meat, so keep a close eye on them and remove from oven if they're browning too quickly.

### ALLERGENS

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 700kcal, Fat 41g, Carbs 45g, Protein 45g

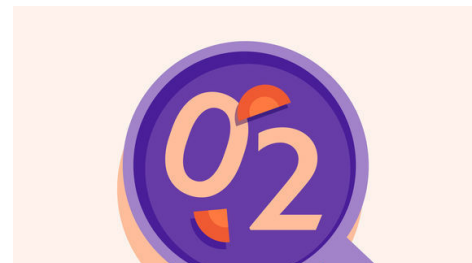


#### 1. Prep ingredients

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

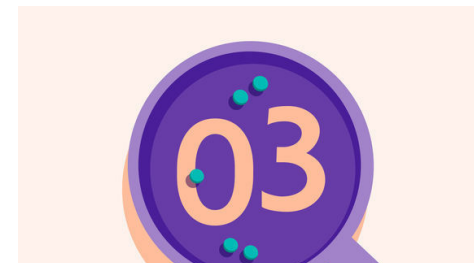
Thinly slice 1 **large garlic clove**. Pat **chicken** dry, then season all over with **salt** and **all-purpose seasoning**.

Trim **green beans** and transfer to a medium bowl. Toss with 1 **teaspoon oil** and a **pinch each of salt and pepper**.



#### 2. CHICKEN VARIATION

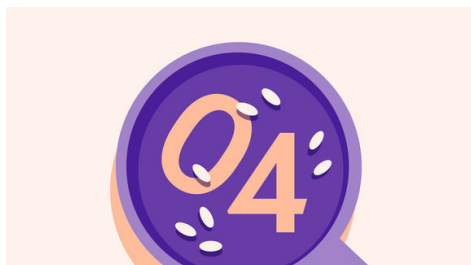
Heat 1 **tablespoon oil** in a medium ovenproof skillet over medium-high. Add **chicken** and cook until browned on the bottom, about 2 minutes. Flip, then scatter **green beans** around chicken.



#### 3. Roast chicken & beans

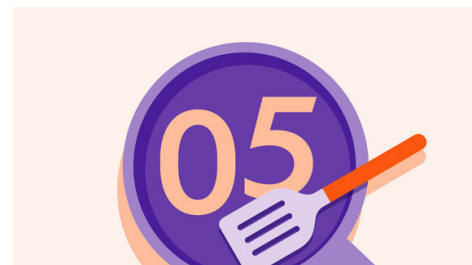
Transfer skillet with **chicken and green beans** to center oven rack; roast until chicken is cooked through (internal temperature of 165°F) and green beans are tender, about 10 minutes.

Transfer chicken to a cutting board to rest and green beans to plates. Cover to keep warm. Reserve skillet and **any pan drippings** for step 5.



#### 4. Cook grits

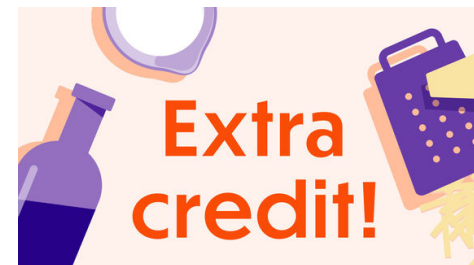
Meanwhile, in a small saucepan, bring 2 **cups water** and a **pinch of salt** to a boil. Stir in **grits**. Reduce heat to low and cook, stirring occasionally to prevent sticking, until grains are tender, about 7 minutes. Stir in **cheese** and 1 **tablespoon butter**; season to taste with **salt** and **pepper**. Cover to keep warm off heat.



#### 5. Finish & serve

Add **garlic** and 1 **teaspoon oil** to reserved skillet; cook over medium heat until fragrant, 1 minute. Add **broth concentrate**, 2 **tablespoons butter**, 1 **tablespoon vinegar**, and 2 **tablespoons water**. Cook until sauce is slightly reduced, 1–2 minutes; season with **salt** and **pepper**.

Serve **chicken** with **green beans** and **cheddar grits**; drizzle **pan sauce** over top. Enjoy!



#### 6. Spice it up!

Stir a pinch of cayenne pepper or a dash of hot sauce into your cheesy grits to add some heat!