Low-Cal Roasted Chicken & Chili Butter
with Green Beans & Carrots

⏱ 20-30min 🍴 2 Servings

Any night that a succulent roast chicken breast is on the table is a good night as far as we're concerned! This one is served with gingery carrots, green beans, and a (kinda) fancy chili garlic butter for an added kick. We've got you covered!

WHAT WE SEND

- 10 oz pkg boneless, skinless chicken breast
- 1 oz fresh ginger
- 1 carrot
- ½ lb green beans
- ½ oz chili garlic sauce

WHAT YOU NEED

- butter [7]
- kosher salt & ground pepper
- olive oil

TOOLS

- medium ovenproof skillet

ALLERGENS

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

NUTRITION PER SERVING

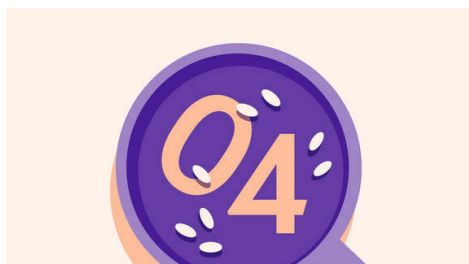Calories 370kcal, Fat 20g, Carbs 16g, Protein 35g

1. CHICKEN VARIATION

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

Take **2 tablespoons butter** out to soften at room temperature until step 5.

Pat **chicken** dry, then season all over with **salt** and **pepper**.

2. Prep veggies

Peel and finely chop **1 teaspoon ginger**.

Scrub **carrots**, then thinly slice on an angle.

Trim stem ends from **green beans**.

3. Sauté carrots & ginger

Heat **2 tablespoons oil** in a medium ovenproof skillet over medium-high. Add **carrots, chopped ginger**, and **a pinch each salt and pepper**. Cook, stirring, until ginger is fragrant and carrots are just tender, about 3 minutes.

Stir in **green beans** and cook until crisp tender, about 3 minutes; remove skillet from heat.

4. CHICKEN VARIATION

Place **chicken** on top of veggies, then transfer skillet to top oven rack. Roast until chicken is cooked through, 10–15 minutes. Remove from the oven; let rest 5 minutes.
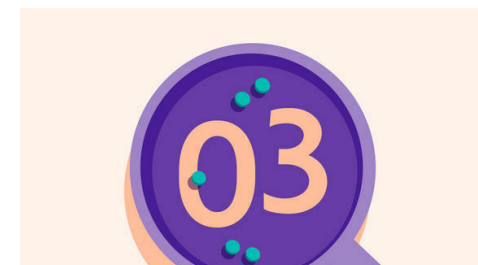
5. Make butter & serve

Meanwhile, in a small bowl, mash **softened butter** with **chili garlic sauce**. Spread over **chicken**; slice, if desired.
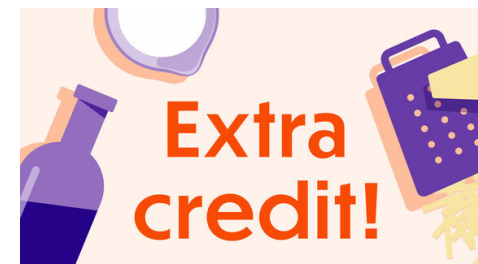
Serve **roasted chicken** with **green beans** and **carrots** alongside. Enjoy!

6. Add a carb

We made this a low-carb meal on purpose, but feel free to add a side of crusty bread or roasted potatoes to dip in any extra butter!