

DINNERLY

Low Carb: Tuscan Chicken with Balsamic Roasted Vegetables



30-40min



2 Servings

WHAT WE SEND

- 10 oz pkg boneless, skinless chicken breast
- ¼ oz Tuscan spice blend
- 1 zucchini
- 1 bell pepper
- 1 yellow onion
- 2 oz balsamic vinaigrette

WHAT YOU NEED

- kosher salt & ground pepper

TOOLS

- 2 rimmed baking sheets
- parchment paper

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 0kcal



1. Prep ingredients

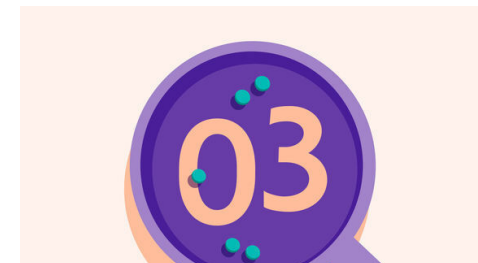
Preheat oven to 450°F with a rack in the center. Line a rimmed baking sheet with parchment paper. Cut onion into 1-inch thick wedges. Halve pepper, discard stem and seeds, then cut into 1-inch pieces. Cut zucchini into 1-inch pieces. In a large bowl, toss vegetables with 2 tablespoons balsamic vinaigrette; season with salt and pepper.



2. Roast vegetables

Transfer vegetables to prepared baking sheet in an even layer. Bake on center rack until vegetables are softened, about 15 minutes.

Meanwhile, pat chicken dry; season all over with salt and pepper. In previously used bowl, toss chicken with half the Tuscan spice and remaining balsamic vinaigrette.



3. Roast chicken

Stir vegetables and move to edges of baking sheet; add chicken to center of baking sheet. Continue baking on center rack until chicken is cooked through and vegetables are deeply browned in spots, 10–12 minutes.

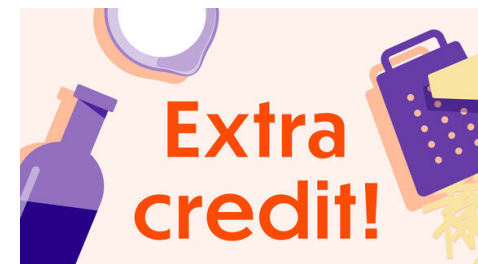


4. Serve

Remove baking sheet from oven and allow to rest for 5 minutes. Slice chicken if desired. Serve with vegetables. Enjoy!



5.



6.