

DINNERLY



Souvlaki Chicken & Garlic Cream with Mediterranean Green Beans



30min



2 Servings

This souvlaki-style grilled, marinated chicken is the stuff that Greek dreams are made of. Pair it with blanched green beans tossed with sun-dried tomatoes and a zesty dressing, then make a creamy, garlicky sauce that just might make you lick the plate clean. Table manners who? There's no time for that with food this good. We've got you covered!

WHAT WE SEND

- 1 lemon
- ¼ oz dried oregano
- 10 oz pkg boneless, skinless chicken breast
- ½ lb green beans
- 2 (1 oz) sour cream¹
- 2 oz sun-dried tomatoes

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- garlic

TOOLS

- grill or grill pan
- medium saucepan
- microplane or grater

COOKING TIP

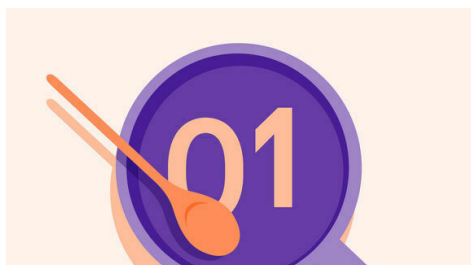
Don't have a grill or grill pan? See step 6!

ALLERGENS

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

NUTRITION PER SERVING

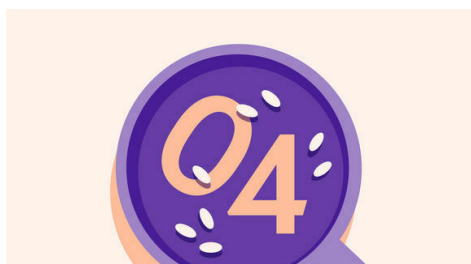
Calories 520kcal, Fat 35g, Carbs 17g, Protein 38g



1. Marinate chicken

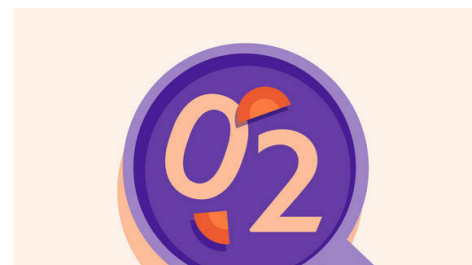
Preheat grill to high if using. Bring a medium saucepan of **salted water** to a boil. Finely grate **2 teaspoons each of garlic and lemon zest**.

In a medium bowl, juice **1 tablespoon lemon**; stir in **half the grated garlic and zest, 1 teaspoon oregano**, and **2 tablespoons oil** until combined. Pat **chicken** dry; season with **salt and pepper**. Add to marinade; set aside for step 4.



4. Cook chicken

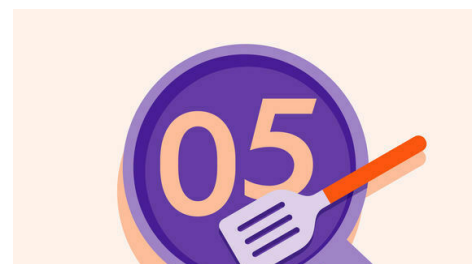
Preheat grill pan to high if using. Add **chicken** to grill or grill pan, pressing down gently with a spatula, about 10 seconds; continue to cook until well browned and charred on the bottom, 4–5 minutes. Flip and cook until just cooked through, 2–3 minutes more. Transfer to a cutting board and let rest for 5 minutes.



2. Blanch green beans

Trim stem ends from **green beans**. Coarsely chop **sun-dried tomatoes**.

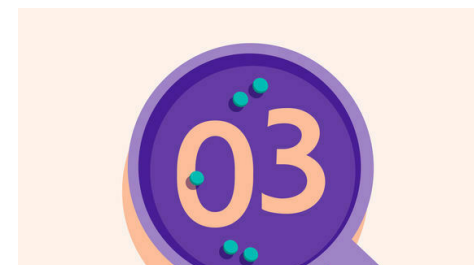
To saucepan with boiling **salted water**, add green beans and cook until bright green and crisp-tender, about 3 minutes. Drain and transfer to a bowl with **ice water**. Allow beans to chill completely, then drain and pat dry with a clean kitchen towel or paper towels. Wipe out saucepan.



5. Make sauce & serve

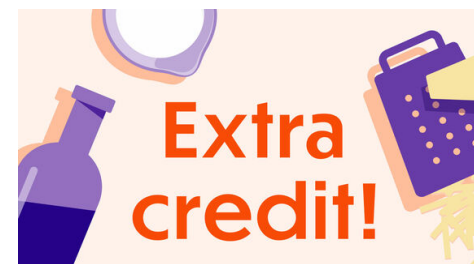
Into a small bowl, finely grate another ¼ **teaspoon garlic** and juice ¼ **teaspoon lemon**. Stir in **all of the sour cream** and **any resting juices from chicken** until combined; season to taste with **salt and pepper**. Cut any remaining lemon into wedges.

Slice **chicken**, if desired. Serve with **green beans, garlic sauce**, and **any lemon wedges** alongside. Enjoy!



3. Make green bean salad

Return same saucepan to medium-low heat; stir in **remaining grated garlic and zest, sun-dried tomatoes, ¼ teaspoon oregano**, and **3 tablespoons oil** until combined; cook until aromatics are lightly bubbling, 3–4 minutes. Remove from heat; add **green beans** and **1 teaspoon lemon juice**. Season with **salt and pepper** and mix well to combine.



6. No grill? No problem!

In step 4, heat 1½ tablespoons oil in a large skillet over medium-high. Add chicken and cook, in batches if necessary, until browned and cooked through, 4–5 minutes per side.