

# DINNERLY



## Low-Cal Tuscan Chicken with Roasted Zucchini & Tomatoes



30min



2 Servings

The rustic flavors of the Tuscan countryside are well within your reach, thanks to our herby, garlicky Tuscan spice blend. It pairs super well with lean chicken breast and a side of buttery, roasted zucchini and tomatoes. Oh, and did we mention this dish is keto-friendly? We've got you covered!

## WHAT WE SEND

- 2 zucchini
- 2 plum tomatoes
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz Tuscan spice blend

## WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- butter <sup>1</sup>

## TOOLS

- medium baking dish

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 340kcal, Fat 16g, Carbs 15g, Protein 37g



### 1. Prep ingredients

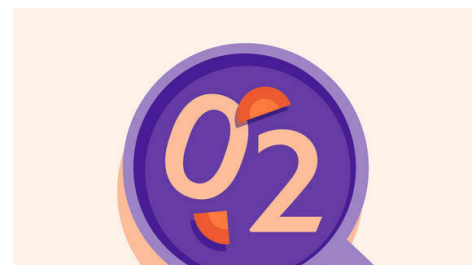
Preheat oven to 450°F with a rack in the upper third.

Cut **zucchini** into ¼-inch wedges. Quarter **tomatoes**.

Pat **chicken** dry and rub with **a drizzle of oil**. Season all over with **half of the Tuscan spice blend, salt, and pepper**.



What were you expecting, more steps?



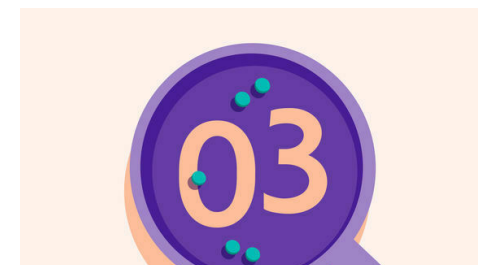
### 2. CHICKEN VARIATION

In a medium baking dish, toss **tomatoes** and **zucchini** with a drizzle of **oil**; season with **salt** and **pepper**. Spread into an even layer and top with **a couple pats of butter**.

Nestle **chicken** on top of veggies.



You're not gonna find them here!



### 3. Roast & serve

Roast on upper oven rack, uncovered, until **veggies** are tender and **chicken** is browned all over (or reaches internal temperature of 165°F), 15–25 minutes. Let chicken rest 5 minutes, then thinly slice.

Serve **Tuscan chicken** and **roasted veggies** with **sauce** from baking dish spooned over top. Enjoy!



Kick back, relax, and enjoy your Dinnerly!