

DINNERLY



Low-Carb Garlic-Butter Chicken with Creamy Ranch Wedge



30min



2 Servings

Garlic + butter + chicken. Need we say more? If you're somehow still not convinced of this recipe's deliciousness, we'll also throw in a crisp wedge of romaine topped with creamy ranch dressing and juicy marinated tomatoes. We've got you covered!

WHAT WE SEND

- 1 romaine heart
- 1 plum tomato
- ¼ oz granulated garlic
- 2 pkts ranch dressing ^{3,7}
- 10 oz pkg boneless, skinless chicken breast

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- butter ⁷
- sugar

TOOLS

- medium heavy skillet (preferably cast-iron)

ALLERGENS

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 510kcal, Fat 38g, Carbs 10g, Protein 36g



1. Prep ingredients

Trim stem end from **romaine**; halve lengthwise, then cut each half crosswise.

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

Cut **tomato** into ½-inch pieces. Add to a small bowl with **a pinch of granulated garlic**, **2 teaspoons oil**, and **a pinch each of salt and sugar**; stir to combine. Set aside.



2. Cook chicken

Heat **1 tablespoon oil** in a medium heavy skillet over medium-high. Add **chicken**; cook until well browned and cooked through, 3–4 minutes per side (or longer for desired doneness). Transfer to a cutting board to rest.

Add **2 tablespoons butter** and **¼ teaspoon granulated garlic** to same skillet; stir until butter is melted and garlic is fragrant, about 30 seconds.



3. Finish & serve

Slice **chicken**, if desired. Divide **romaine wedges** between plates and drizzle with **ranch dressing**; top with **marinated tomatoes**.

Serve **chicken** with **garlic butter** spooned over top and **ranch wedges** alongside. Enjoy!



4. ...

What were you expecting, more steps?



5. ...

You're not gonna find them here!



6. ...

Kick back, relax, and enjoy your Dinnerly!