

DINNERLY



Low-Carb Roast Chicken & Apricot Pan Sauce

with Spiced Carrots



20-30min



2 Servings

Hangry is a real emotion and we feel it deep in our souls sometimes. Then we taste this sauced up roast chicken with tender spiced carrots and the world feels peaceful again. Each bite brings a touch of tang from the apricot pan sauce and warmth from one of our favorite spice blends, garam masala. Tonight, the only emotion we're feelin' is delight. We've got you covered!

WHAT WE SEND

- 12 oz carrots
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz garam masala
- ¼ oz fresh cilantro
- ½ oz apricot preserves
- 1 pkt chicken broth concentrate

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- white wine vinegar (or apple cider vinegar)
- butter ¹

TOOLS

- medium skillet
- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

Calories 490kcal, Fat 28g, Carbs 30g, Protein 36g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Trim ends from **carrots**, then quarter lengthwise.

Pat **chicken** dry, then season all over with **salt and pepper**. Heat ½ **tablespoon oil** in a medium skillet over medium-high. Add chicken and sear, flipping once, until golden-brown, 1–2 minutes per side. Remove from heat and set aside until step 3.



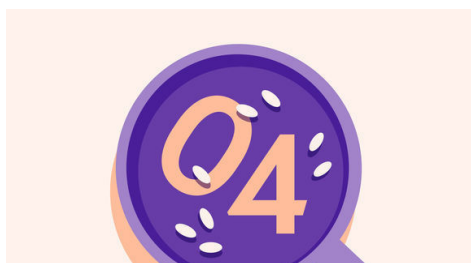
2. Roast carrots

On a rimmed baking sheet, toss **carrots** with 1 **teaspoon garam masala**, 1½ **tablespoons oil**, and a **pinch each of salt and pepper**. Roast on center oven rack until tender, tossing halfway through, about 20 minutes.



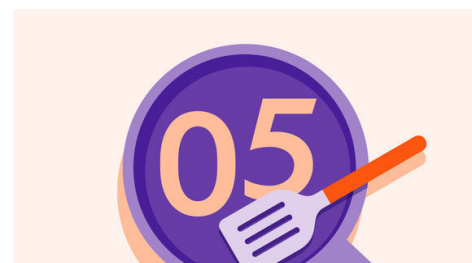
3. CHICKEN VARIATION

Once **carrots** are halfway done roasting, transfer seared **chicken** from skillet to same baking sheet. Continue to roast on center oven rack until chicken is cooked through with an internal temperature of 165°F, 6–10 minutes. Transfer chicken to a cutting board to rest. Set baking sheet with carrots aside until ready to serve.



4. Cook apricot pan sauce

While **chicken and carrots** finish cooking, coarsely chop **cilantro leaves and stems**. In same skillet, stir to combine **apricot preserves, broth concentrate, 1½ teaspoons vinegar**, and ½ **cup water**; bring to a rapid simmer over medium-high, scraping up any browned bits from the bottom of skillet, and cook until sauce is reduced to about ¼ cup, about 3 minutes.



5. Finish & serve

To skillet with **apricot sauce**, add 4 **tablespoons butter** and **any resting chicken juices**; swirl until butter is melted. Stir in **half of the cilantro**; season to taste with **salt and pepper**. Thinly slice **chicken**, if desired.

Serve **roasted chicken** with **spiced carrots** alongside. Spoon **apricot pan sauce** over top and garnish with **remaining cilantro**. Enjoy!



6. Carbo load!

Soak up all that sauce with a quick rice pilaf! Serve the sliced chicken over top, then drizzle with sauce, and dig in for a major home run.