

DINNERLY



Lemon-Oregano Chicken with Olive Oil Mash & Green Beans



30-40min



2 Servings

Chicken, mashed potatoes, and green beans could be considered the unsung heroes of dinner. Together, this classic trio always comes to our rescue for a quick meal that saves the week. We're throwing in some Mediterranean vibes with a bright combination of lemon and dried oregano. Plot twist: the perfectly creamy mashed potatoes aren't made with butter. We've got you covered!

WHAT WE SEND

- 1 russet potato (1 lb)
- garlic (use 1 large clove)
- ½ lb green beans
- ½ lb pkg boneless, skinless chicken breasts
- dried oregano (use 1 tsp)
- 1 pkt chicken broth concentrate
- 1 lemon

WHAT YOU NEED

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

TOOLS

- medium saucepan
- medium skillet
- potato masher or fork

ALLERGENS

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

NUTRITION PER SERVING

Calories 610kcal, Fat 34g, Carbs 47g, Proteins 31g



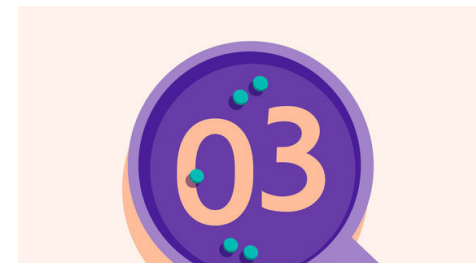
1. Cook potatoes

Peel **potato**, then cut into 1-inch pieces. Place potatoes in a medium saucepan with **1 teaspoon salt** and enough water to cover by 1 inch. Cover and bring to a boil, then uncover and cook until easily pierced with a fork, 8–10 minutes. Reserve **⅓ cup cooking water**, then drain potatoes and return to saucepan off the heat. Cover to keep warm.



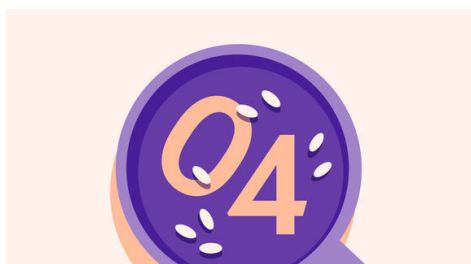
2. Prep ingredients

Finely chop **1 teaspoon garlic**. Trim **green beans**. Pat **chicken** dry, then pound to ½-inch thickness, if desired; season all over with **salt, pepper**, and **1 teaspoon dried oregano**. In a liquid measuring cup, combine **chicken broth concentrate** and **⅓ cup water**. Squeeze **2 teaspoons lemon juice** into broth mixture, stirring to combine; cut any remaining lemon into wedges.



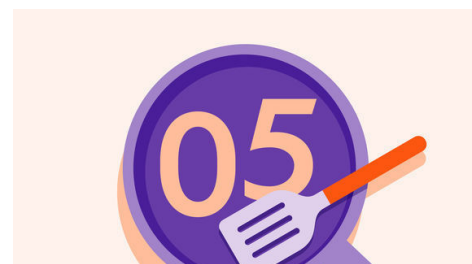
3. Cook green beans

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **green beans** to skillet with **a pinch each of salt and pepper**. Cook until crisp-tender, 3–4 minutes. Transfer to a bowl and cover to keep warm.



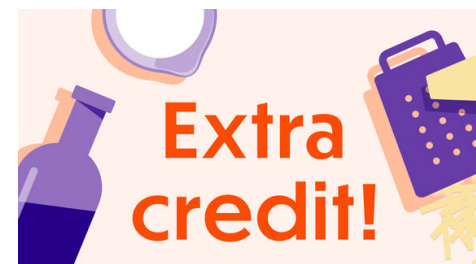
4. Cook chicken & pan sauce

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** to skillet; cook until golden-brown, 2–4 minutes per side. Reduce heat to medium. Add **chopped garlic** and **1 tablespoon butter**; cook until butter is melted, 1 minute. Add **chicken broth mixture**; cook, basting chicken, until liquid is reduced by half and chicken is cooked through, 3–4 minutes. Remove from the heat.



5. Mash potatoes & serve

Meanwhile, return saucepan with **potatoes** to medium heat; add **reserved cooking water** and **2 tablespoons oil**. Mash with a potato masher or fork until smooth; season with **salt** and **pepper**. Serve **lemon-oregano chicken** with **green beans** and **olive oil mash** alongside. Spoon **pan sauce** over top. Serve with **any lemon wedges** for squeezing. Enjoy!



6. Take it to the next level

This meal is already balanced with all the right sides and flavors. But, if you want to bulk it out for company or if you just want more leftovers, you can add other veggies to the mix, like roasted butternut squash or even carrots!