

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

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 660kcal, Fat 38g, Carbs 52g, Proteins 34g



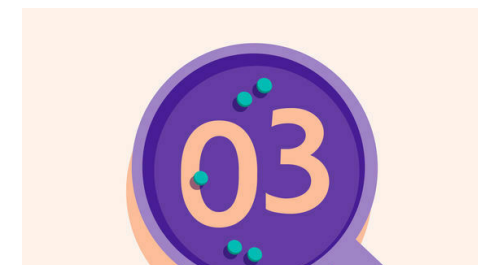
1. Cook potatoes

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** for step 5, then drain potatoes and return to saucepan off the heat. Cover to keep warm.



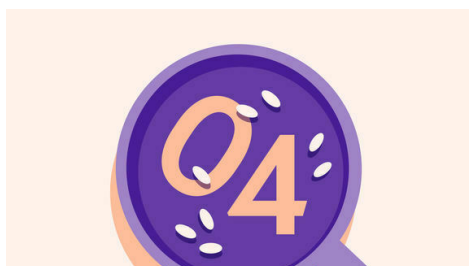
2. Prep ingredients

Finely chop **1 teaspoon garlic**. Trim **green beans**. 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. Pat **chicken** dry, then pound to ½-inch thickness, if desired; season all over with **salt, pepper**, and **1 teaspoon dried oregano**.



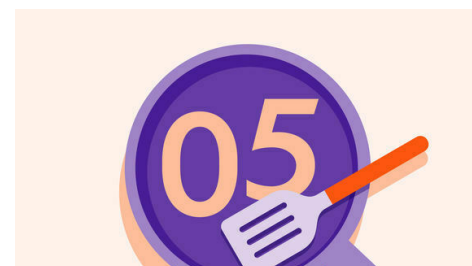
3. Cook green beans

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **green beans** and **a pinch each of salt and pepper**. Cook until crisp-tender, about 5 minutes. Transfer to bowl, then cover to keep warm. Return skillet to heat.



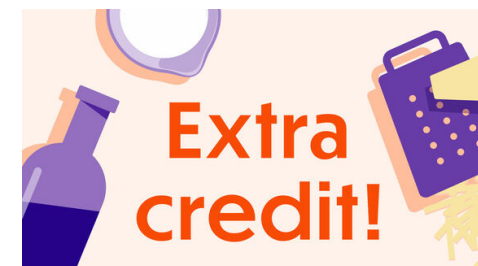
4. Cook chicken & pan sauce

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** and cook until golden-brown, 2–3 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. Make it dairy free!

This meal is already balanced with all the right sides and flavors. But, if you want to make it dairy-free you can swap out the butter in step 4 with a splash of coconut cream, almond milk, or shortening. Stir into skillet and cook, basting steak, until sauce is emulsified and chicken is cooked through.