



Lemon & Herb Chicken

with Garlicky Yogurt & Green Beans



30-40min



4 Servings

This meal is proof that dinner can be satisfying, interesting, and flavorful, without being heavy. Greek yogurt is a real power player when it comes to helping up the ante on creamy, decadence while keeping it light. Here the garlicky, lemony yogurt is a sauce for lean, grilled chicken. The crunchy toasted pita is perfect for dipping or layering up into the perfect pita-chicken-sauce bite! Cook...

What we send

- boneless, skinless chicken breasts
- green beans
- garlic clove
- scallions
- lemon
- fresh oregano

What you need

- kosher salt & ground pepper
- olive oil

Tools

- rimmed baking sheet
- zester or microplane

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Energy 649.0kcal, Fat 32.0g, Proteins 45.8g, Carbs 44.7g



1. Prep ingredients

Peel and finely chop **2 teaspoons garlic**. Finely grate **½ teaspoon lemon zest**, then squeeze **2 tablespoons lemon juice**; keep separate. Cut any **remaining lemon** into wedges. Pick **2 tablespoons oregano leaves** from stems, then chop (save rest for own use). Trim stem ends from **green beans**. Trim ends from **scallions**, then thinly slice.



4. Cook chicken & baste

Heat **1½ tablespoons oil** in a large skillet over medium-high. Add **chicken**, in batches if necessary, and cook, turning once, until golden brown and cooked through, 3-4 minutes per side. Transfer to bowl with **lemon-garlic dressing**. Let sit, basting with the dressing occasionally, until ready to serve.



2. Prep chicken & dressing

Preheat broiler with top rack 6 inches from heat source. Pat **chicken** dry. Lightly pound to an even ½-inch thickness, if necessary. Lightly rub with **oil**, then season all over with **1 teaspoon salt** and **a few grinds pepper**. In a large bowl, whisk **lemon juice, oregano, ⅔ of the garlic, ¼ cup oil**, and **a generous pinch each salt and pepper**.



5. Char green beans

To same skillet, add **green beans, 1½ tablespoons oil**, and **a pinch each salt and pepper**. Cover and cook over medium-high, stirring occasionally, until green beans are crisp-tender and browned in spots, 4-5 minutes. Remove skillet from heat. Add **scallions, a squeeze of lemon juice**, and **a drizzle of oil to green beans**, tossing gently to combine.



3. Toast pita

Lightly brush **pitas** with **oil**. Transfer to a rimmed baking sheet. Broil until golden-brown, turning once, 1-2 minutes per side (watch closely, as broilers vary). Remove pita from oven and set aside.



6. Make yogurt sauce & serve

Open **yogurt container** and stir in **lemon zest, remaining garlic**, and **1 tablespoon oil**; season to taste with **salt and pepper**. Spread **a dollop of yogurt** onto plates, top with **chicken and green beans**. Drizzle the **remaining lemon-garlic dressing** over the chicken. Cut **pita** into quarters and serve with **remaining yogurt sauce** and **any lemon wedges**. Enj...