

# DINNERLY



**NO ADDED GLUTEN**

**LOW CALORIE**

## **Pan-Roasted BBQ Chicken** with Oven Fries & Creamed Peas

 30-40min  4 Servings

Sometimes a simple chicken dish just needs the addition of an unexpected twist to make it feel fancy. BBQ chicken is always a winner, winner, chicken dinner—especially when there are roasted potatoes to dip in that sweet and smoky sauce, too. But here we've made the humble pea really stand out by mixing them with tangy sour cream. We've got you covered!

#### WHAT WE SEND

- barbecue sauce
- boneless, skinless chicken breasts
- garlic
- peas
- russet potatoes

#### WHAT YOU NEED

- butter <sup>7</sup>
- kosher salt & ground pepper
- olive oil

#### TOOLS

- large skillet
- rimmed baking sheet

#### ALLERGENS

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

#### NUTRITION PER SERVING

Calories 550kcal, Fat 19g, Carbs 60g, Proteins 35g



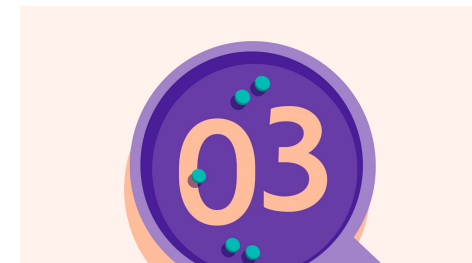
#### 1. Roast potatoes

Preheat oven to 450°F with a rack in the lower third. Scrub **potatoes**, then cut lengthwise into ½-inch wedges. Transfer to a rimmed baking sheet and toss with **2 tablespoons oil**, **1½ teaspoons salt**, and **a few grinds pepper**. Roast until deep golden brown and crisp, flipping potatoes once, 25–30 minutes.



#### 2. Sauté peas

Peel and finely chop **1 teaspoon garlic**. Melt **1 tablespoon butter** in a large skillet over medium-high. Add **peas**, chopped garlic, **a pinch of salt**, and **a few grinds pepper**. Cook, stirring, until peas are tender and heated through, 2–3 minutes. Remove from heat and stir in **all of the sour cream**. Transfer to a bowl and cover to keep warm. Wipe out skillet.



#### 3. Pan-roast chicken

Pat **chicken** dry and pound to an even thickness, if necessary. Lightly season each piece with **salt** and **pepper**. In same skillet, heat **1 tablespoon oil** over medium-high. Add chicken and cook until well browned and cooked through, turning once, about 3 minutes per side. Transfer to a plate.



#### 4. Make sauce

Add **⅓ cup water** and **all of the barbecue sauce** to same skillet, stirring to scrape up any browned bits. Add **chicken** back to skillet, turning once to coat, and cook until sauce thickens, about 1 minute.



#### 5. Plate & serve

Spoon **sauce** over top **bbq chicken**. Serve **oven fries** and **creamed peas** alongside. Enjoy!



#### 6. Make sandwiches!

Turn these into handheld BBQ chicken sandwiches by putting them on pillowy potato buns or crusty rolls and topping them with whatever your favorite condiments and fixings are: pickles, jalapeños, hot sauce, coleslaw!