



DINNERLY



LOW CALORIE

PICKY EATER
PROOF

Seared Chicken with Roasted Veggies & Garlic Sauce

 30-40min  4 Servings

Here's what separates the restaurant dishes we know and love from the home cooked meals that sometimes make us wish we were eating out at a restaurant—the saucy sauce that brings everything together! Home cooking doesn't have to mean no sauce! Here we top a golden brown chicken breast and caramelized veggies with a velvety garlic sauce that'll have you like, new sauce, who dis? We've got you co...

WHAT WE SEND

- russet potatoes
- garlic
- boneless, skinless chicken breast
- carrots
- scallions

WHAT YOU NEED

- apple cider vinegar
- kosher salt & ground pepper
- olive oil
- sugar

TOOLS

- 2 rimmed baking sheets
- large skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 440.0kcal, Fat 13.0g, Proteins 30.0g, Carbs 53.0g



1. Prep ingredients

Preheat oven to 450°F with racks in the upper and lower thirds. Scrub **potatoes** and cut lengthwise into ½-inch wedges. Scrub **carrots**, trim ends, and cut in half crosswise, then cut into ¼-inch wedges. Trim ends from **scallions** and thinly slice ¼ **cup of the dark greens**. Cut remaining scallions into 1-inch pieces.



2. Roast veggies

In a large bowl, toss **potatoes, carrots, 2 tablespoons oil, 1 teaspoon salt, and a few grinds pepper**. Divide veggies between 2 baking sheets. Roast in upper and lower third of oven until almost tender, about 10 minutes. Divide **1-inch scallion pieces** between baking sheets and stir to combine. Continue roasting until tender and browned in spots, 10–15 minutes.



3. Make garlic sauce

Meanwhile, peel and finely chop ½ **teaspoon garlic**. In a small bowl, combine **all of the sour cream, chopped garlic, 1 teaspoon vinegar, ½ teaspoon sugar, and 1 tablespoon oil**. Mix in **1 teaspoon water** at a time, as needed, to achieve a thinner consistency; season to taste with **salt and pepper**.



4. Prep chicken

Pat **chicken** dry, then pound to an even ½-inch thickness, if necessary. Season all over with **1 teaspoon salt and a few grinds pepper**.



5. Cook chicken & serve

Heat **1 tablespoon oil** in a large skillet over medium-high. Add **chicken** and cook until golden brown, about 3 minutes. Flip, and continue cooking until chicken is cooked through, 1-2 minutes. Serve **chicken** with **roasted veggies** alongside. Drizzle **garlic sauce** all over **chicken** and sprinkle with **sliced scallion greens**. Enjoy!



6. Make it picky eater proof

If you want to keep this dish even cleaner, or if you've just got a picky eater or two among you, serve the garlic sauce on the side.