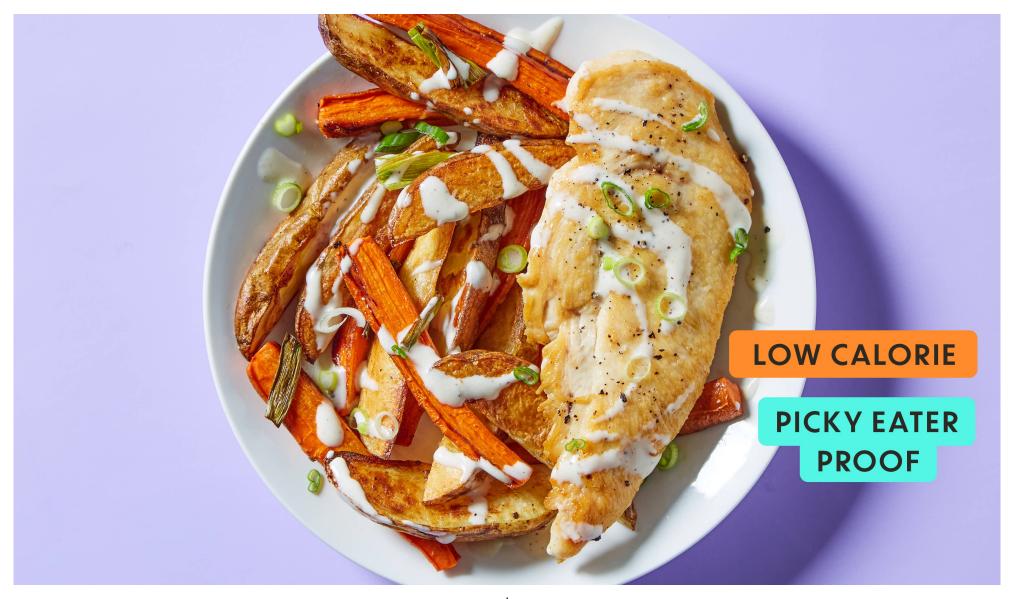
DINNERLY



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.