

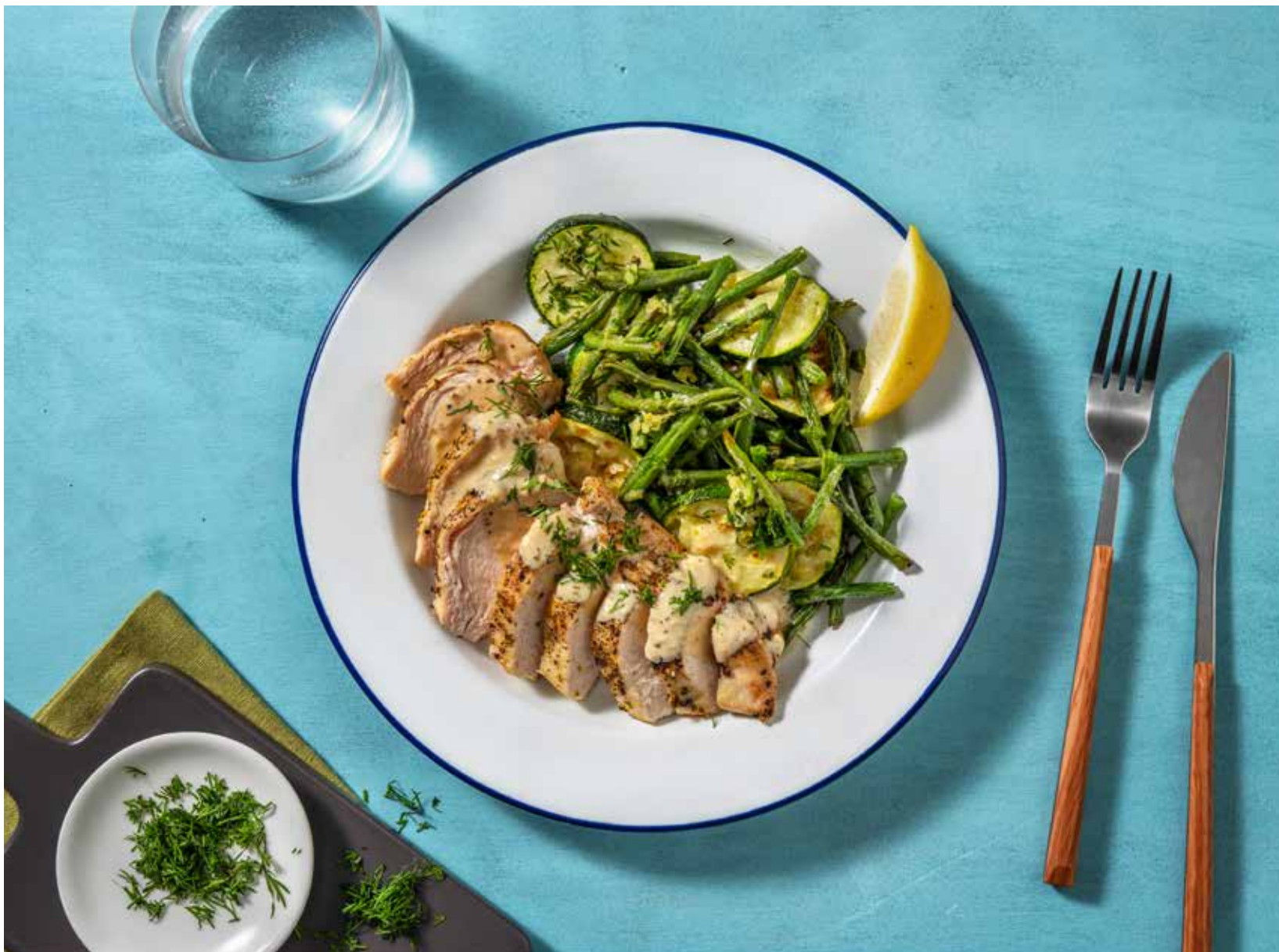


Carb Smart Lemon Cream Chicken

with Dill Zucchini and Green Beans

Carb Smart

30 Minutes



Chicken Breasts



Zucchini



Green Beans



Garlic



Dill



Lemon



Sour Cream



Chicken Broth Concentrate



Lemon-Pepper Seasoning

HELLO LEMON ZEST

Punch up the flavour of veggies with a sprinkle of lemon zest!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, zester, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts *	2	4
Zucchini	200 g	400 g
Green Beans	170 g	340 g
Garlic	3 g	6 g
Dill	7 g	7 g
Lemon	1	1
Sour Cream	3 tbsp	6 tbsp
Chicken Broth Concentrate	1	2
Lemon-Pepper Seasoning	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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Prep

Cut **zucchini** into ¼-inch rounds. Trim, then halve **green beans**. Peel, then mince or grate **garlic**. Roughly chop **dill**. Zest **half the lemon** (whole lemon for 4 ppl). Cut **lemon** into wedges. Pat **chicken** dry with paper towels. Season with **2 tsp Lemon-Pepper Seasoning** (dbl for 4 ppl).



Sear chicken

Heat a large non-stick pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Sear until golden-brown, 1-2 min per side. Transfer **chicken** to one side of a baking sheet.



Roast chicken and veggies

Add **zucchini, green beans** and **1 tbsp oil** (dbl for 4 ppl) to the other side of the baking sheet with **chicken**. Season with **salt** and **pepper**, then toss to combine. Roast **chicken and veggies** in the **middle** of the oven until **chicken** is cooked through and **veggies** are tender, 10-12 min.**



Make lemon cream sauce

While **chicken and veggies** roast, heat the same pan (from step 2) over medium. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **garlic**. Cook, stirring often, until fragrant, 30 sec. Add **¼ cup water** (dbl for 4 ppl), **broth concentrate** and **remaining Lemon-Pepper Seasoning**. Cook, stirring occasionally, until **sauce** thickens slightly, 1-2 min. Remove pan from heat, then stir in **sour cream** and **half the lemon zest**.



Finish and serve

Toss **zucchini and green beans** with **remaining lemon zest** and **half the dill**. Thinly slice **chicken**. Divide **chicken, zucchini and green beans** between plates. Drizzle **lemon cream sauce** over **chicken**. Sprinkle **remaining dill** over top. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!