



# Carb Smart Lemon Cream Chicken

with Dill Zucchini and Green Beans

Carb Smart

Spicy

30 Minutes



Chicken Breasts



Zucchini



Green Beans



Garlic, cloves



Dill



Lemon



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, cloves	1	2
Dill	7 g	7 g
Lemon	1	1
Cream	56 ml	113 ml
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 the website or app for the as-prepared recipe nutritional information.

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

## Contact

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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).



## 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), **cream**, **broth concentrate** and **remaining Lemon-Pepper Seasoning**. Cook, stirring occasionally, until **sauce** thickens slightly, 2-3 min. Remove the pan from heat, then stir in **half the lemon zest**.



## 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 an unlined baking sheet.



## Finish and serve

When **veggies** are done, sprinkle with **remaining lemon zest** and **half the dill**. Toss gently to coat. Thinly slice **chicken**. Divide **chicken** and **veggies** between plates. Drizzle **lemon cream sauce** over **chicken**. Sprinkle with **remaining dill**. Squeeze a **lemon wedge** over top, if desired.

## Dinner Solved!



## 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. \*\*