

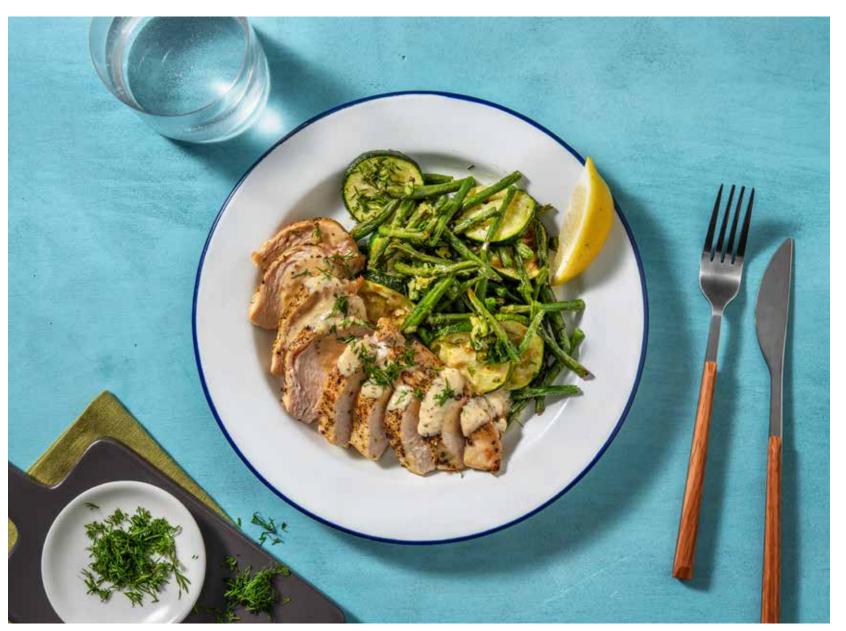
Carb Smart Lemon Cream Chicken

with Dill Zucchini and Green Beans

Carb Smart

Spicy

30 Minutes





Chicken Breasts









Green Beans





Lemon

Chicken Broth Concentrate

Garlic, cloves







Lemon-Pepper



Seasoning

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

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	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).



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.



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), **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**.



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!