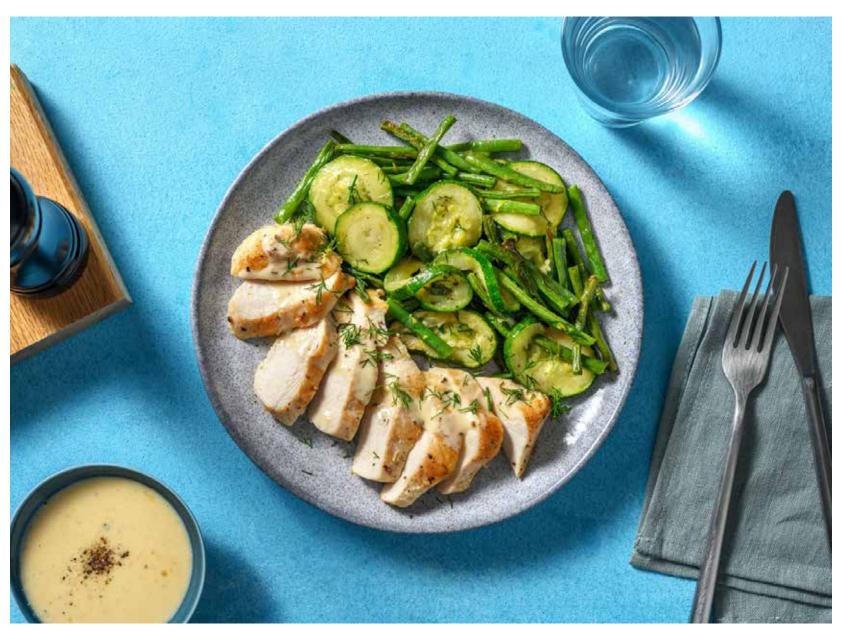


# Lemon Cream Chicken

with Dill Zucchini and Green Beans

Carb Smart

30 Minutes





Chicken Breasts





Green Beans



Garlic







Sour Cream



Chicken Broth Concentrate



Lemon-Pepper Seasoning

# Start here

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

#### **Bust Out**

Baking sheet, grater, zester, measuring cups, large nonstick 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	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 thick rounds. Trim, then halve **green beans**. Peel, then mince or grate **garlic**. Roughly chop **dill**. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Cut any **remaining 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 the chicken. Sear, until golden-brown, 1-2 min per side. Transfer to one side of a baking sheet.



# Roast chicken and veggies

Toss zucchini and green beans with 1 tbsp oil (dbl for 4 ppl) on the other side of the baking sheet with the chicken. Season with salt and pepper. 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 heat. 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 is slightly thickened, 1-2 min. Remove pan from heat, then stir in sour cream and ½ tbsp lemon juice (dbl for 4 ppl).



## Finish and serve

Toss zucchini and green beans with lemon zest and half the dill. Thinly slice chicken on the baking sheet. Divide chicken, zucchini and green beans between plates. Drizzle lemon cream sauce over chicken. Sprinkle remaining dill over top.

# Dinner Solved!