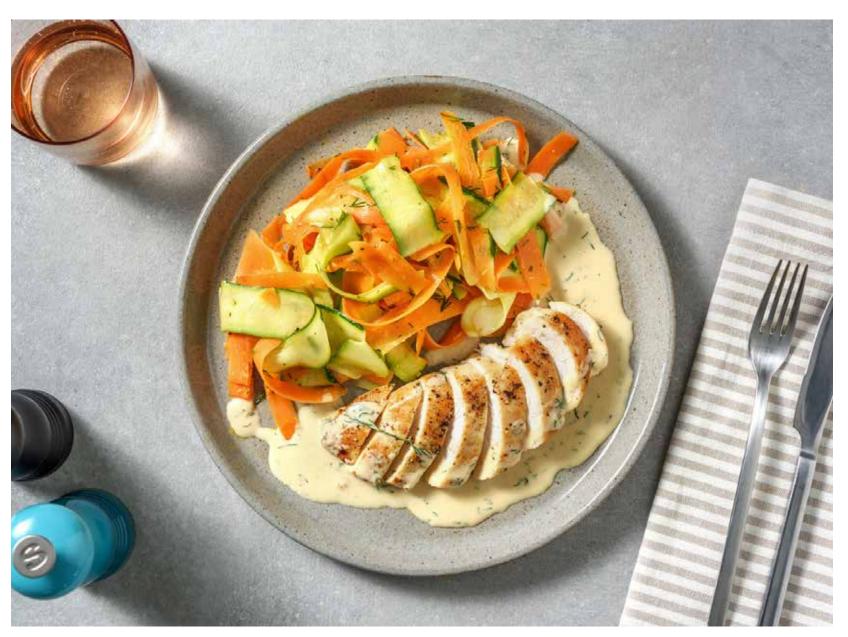


Creamy Dill Chicken with Lemony Carrot and Zucchini Ribbon Salad

Carb Smart

25 Minutes





Chicken Breasts







Sour Cream

Carrot









Chicken Broth Concentrate

Dijon Mustard



Garlic

Start here

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

Garlic Guide for Step 3 (dbl for 4 ppl):

- Mild: 1/4 tsp
- Medium: ½ tsp
- Extra: 1 tsp

Bust Out

Baking sheet, vegetable peeler, microplane/zester, measuring spoons, large bowl, parchment paper, measuring cups, large non-stick pan, whisk, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts •	2	4
Zucchini	200 g	400 g
Carrot	340 g	680 g
Sour Cream	3 tbsp	6 tbsp
Lemon	1	1
Chicken Broth Concentrate	1	2
Dill	7 g	14 g
Dijon Mustard	1 tbsp	2 tbsp
Garlic	6 g	12 g
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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Cook chicken

Pat the **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then the **chicken**. Sear, until **chicken** is golden-brown, 2-3 min per side. Transfer to a parchmentlined baking sheet. Bake in the **middle** of the oven, until **chicken** is cooked through, 12-15 min.**



Prep

While the **chicken** cooks, using a vegetable peeler, peel **carrots** into long ribbons. Cut **zucchini** in half lengthwise, then peel the **zucchini** into long ribbons. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Peel, then mince or grate **garlic**. Finely chop **dill**.



Make vinaigrette

Whisk together half the Dijon, 2 tsp lemon juice, 1 tsp lemon zest, 2 tsp dill, 2 tbsp oil (dbl all for 4 ppl) and garlic in a large bowl. (NOTE: Reference Garlic Guide.) Season with salt and pepper.



Make dill sauce

Heat the same pan (from step 1) over medium-high heat. When hot, add broth concentrate and ½ cup water (dbl for 4 ppl). Boil, stirring occasionally, until the liquid is slightly reduced and thickened, 3-4 min. Add 1 tbsp butter (dbl for 4 ppl) and swirl until melted. Remove from heat, then stir in remaining Dijon, remaining dill and sour cream. Season with salt and pepper.



Finish salad

Add **carrot** and **zucchini ribbons** to the bowl with **vinaigrette**, then toss to combine. Season with **salt** and **pepper**, if desired.



Finish and serve

Thinly slice **chicken**, then divide between plates. Drizzle **dill sauce** over top. Serve **salad** alongside.

Dinner Solved!