

Lemon Chicken & Green Beans

with Parmesan-Roasted Summer Squash & Potatoes

This elegant recipe highlights a simple, seasonal vegetable medley. Roasted with a sprinkling of Parmesan and garlic, tender summer squash pairs deliciously with crisp green beans—blanched to achieve the ideal texture, then coated in a pan sauce of bright lemon and butter. (Cooking the sauce with the lemon's zest in addition to its juice ensures pleasantly fruity and acidic results.) For the perfect finish, we're also serving the sauce over our crispy-skinned chicken.

 **Blue Apron Wine Pairing**
Benziger Sauvignon Blanc, 2015



Ingredients

- 2 Boneless, Skin-On Chicken Breasts
- 3 Ounces Green Beans
- 2 Yukon Gold Potatoes
- 2 Cloves Garlic
- 1 Lemon
- 1 Yellow Summer Squash

Knock Knacks

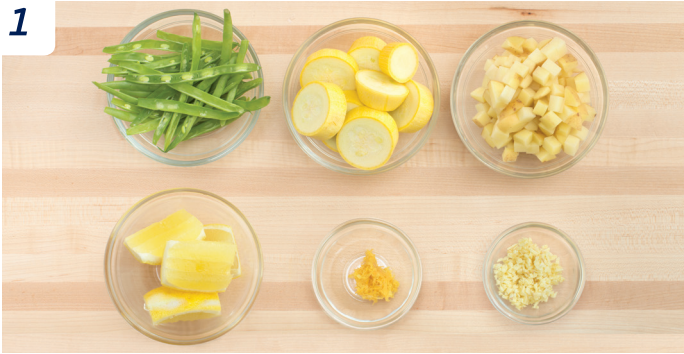
- 2 Tablespoons Butter
- 2 Tablespoons Grated Parmesan Cheese
- 2 Teaspoons All-Purpose Flour

Makes: 2 servings | **Calories:** about 650 per serving
Prep Time: 15 minutes | **Cook Time:** 25–35 minutes

Instructions

For cooking tips & tablet view, visit blueapron.com/recipes/921

1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Heat a small pot of salted water to boiling on high. Slice the squash into 1-inch-thick rounds. Small dice the potatoes. Peel and mince the garlic. Snap off and discard the stem ends of the green beans; slice in half lengthwise. Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.

2



Roast the vegetables:

Place the **squash** and **potatoes** on a sheet pan, keeping them separate. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer. Top the seasoned squash with the **garlic** and **all but a big pinch of the cheese**. Roast, rotating the sheet pan halfway through, 20 to 22 minutes, or until the cheese is golden brown and the potatoes are tender when pierced with a fork. Remove from the oven.

3



Blanch the green beans:

While the vegetables roast, fill a medium bowl with ice water and set aside. Add the **green beans** to the pot of boiling water and cook 2 to 3 minutes, or until bright green and slightly softened. Drain thoroughly and transfer to the bowl of ice water; let stand until the green beans are completely cool. Drain thoroughly and pat dry with paper towels.

4



Cook the chicken:

While the green beans cool, pat the **chicken** dry with paper towels; season with salt and pepper on both sides. In a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the seasoned chicken, skin sides down; cook 5 to 7 minutes per side, or until golden brown and cooked through. Transfer to a plate, leaving any browned bits (or fond) in the pan, and set aside in a warm place.

5



Make the pan sauce & finish the green beans:

While the vegetables continue to roast, add the **butter** and **flour** to the pan of reserved fond. Cook on medium, stirring frequently and scraping up any fond from the bottom of the pan, 30 seconds to 1 minute, or until thoroughly combined. Add the **lemon zest**, **the juice of all 4 lemon wedges** and **½ cup of water**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until slightly thickened. Add the **blanched green beans** and cook, stirring occasionally, 1 to 2 minutes, or until the green beans are thoroughly coated and heated through. Remove from heat and season with salt and pepper to taste.

6



Plate your dish:

Divide the **roasted vegetables** and **finished green beans** (leaving the sauce in the pan) between 2 plates. Top with the **cooked chicken** and a few spoonfuls of the **pan sauce**. Garnish with the **remaining cheese**. Enjoy!