



# SMOKY PAPRIKA CHICKEN WITH WHITE BEANS

plus Carrots, Zucchini & Lemony Yogurt Sauce

## INGREDIENTS

2 PERSON | 4 PERSON



6 oz | 12 oz  
Carrots



1 | 2  
Zucchini



2 | 4  
Scallions



1 | 2  
Lemon



10 oz | 20 oz  
Chicken Cutlets



1 tsp | 2 tsp  
Paprika



1 tsp | 1 tsp  
Chili Powder



1 | 2  
Cannellini Beans



1 | 2  
Chicken Stock Concentrate



2 TBSP | 4 TBSP  
Yogurt  
Contains: Milk



ANY ISSUES WITH YOUR ORDER?  
WE'D BE SIMMERING LIKE STEW OVER  
THERE TOO. SCAN HERE TO GET HELP!



HELLO

### CANNELLINI BEANS

These white beans have an earthy flavor and tender, creamy texture.

PREP: 10 MIN | COOK: 35 MIN | CALORIES: 550



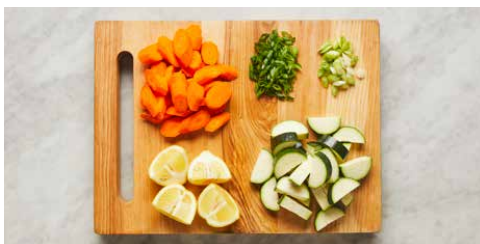


## WE'RE BIASED

The knife technique in Step 1 for cutting carrots (aka bias cut) maximizes surface area for extra caramelization in the oven (that means even more flavor!).

## BUST OUT

- Peeler
- Paper towels
- 2 Baking sheets
- Large pan
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (4 tsp | 4 tsp)



### 1 PREP

- Adjust racks to middle and top positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Trim and halve **zucchini** lengthwise; cut crosswise into ½-inch-thick half-moons. Trim and thinly slice **scallions**, separating whites from greens. Quarter **lemon**.



### 2 ROAST CARROTS

- Toss **carrots** on a baking sheet with a **drizzle of oil, salt, and pepper.**
- Roast on middle rack, tossing halfway through, until lightly browned and tender, 20-25 minutes.



### 3 SEAR CHICKEN

- Meanwhile, pat **chicken\*** dry with paper towels; season all over with **half the paprika, a pinch of chili powder, salt, and pepper.** (You'll use the rest of the paprika later. Save the remaining chili powder for another use.)
- Heat a **drizzle of oil** in a large pan over high heat. Add chicken and sear until golden brown, 2 minutes per side (you'll finish cooking the chicken in the next step).
- Turn off heat; transfer chicken to one side of a second baking sheet. Wipe out pan and let cool slightly.



### 4 ROAST CHICKEN & ZUCCHINI

- Add **zucchini** to opposite side of baking sheet from **chicken** and toss with a **drizzle of oil, salt, and pepper.**
- Roast on top rack until chicken is cooked through and zucchini is lightly browned and tender, 10-12 minutes. Transfer chicken to a cutting board.



### 5 COOK BEANS

- While everything roasts, heat a **drizzle of oil** in pan used for chicken over medium heat. Add **scallion whites**; cook, stirring occasionally, until softened, 2-4 minutes.
- Add **beans and their liquid, stock concentrate, remaining paprika, and ¼ cup water (½ cup for 4 servings);** season with **salt and pepper.**
- Cook, stirring, until slightly thickened, 1-2 minutes. Keep covered off heat until ready to serve. **TIP: If beans seem too thick, stir in a splash of water.**



### 6 MAKE YOGURT SAUCE

- In a small bowl, combine **yogurt** and **juice from one lemon wedge (two wedges for 4 servings).** Add **water** 1 tsp at a time until mixture reaches a drizzling consistency.



### 7 FINISH & SERVE

- Stir **roasted veggies** into pan with **beans.**
- Slice **chicken** crosswise.
- Divide **beans and veggies** between shallow bowls; top with chicken. Drizzle with **yogurt sauce** and garnish with **scallion greens.** Serve with **remaining lemon wedges** on the side.