

Add 24 to both sides:  $(x + 7)^2 = 48$

Use the Square Root Property:  $x + 7 = \pm\sqrt{48}$

Solve for x:  $x = -7 \pm \sqrt{48}$

Simplify the radical:  $x = -7 \pm \sqrt{16 \cdot 3} = -7 \pm 4\sqrt{3}$