




Buttery Garlic Chicken

with Orzo Pilaf & Roasted Broccoli

 20-30min  2 Servings

Attention garlic lovers! An alternate title for this dish could have been "Garlic Knot Chicken," because if a garlic knot and chicken got together, this heavenly meal is what would result. Orzo pasta becomes extra creamy when cooked rice-pilaf style, and who doesn't love slightly charred, roasted broccoli?

What we send

- shallot
- garlic
- broccoli
- boneless, skinless chicken breasts
- fresh parsley
- lemon

What you need

- all-purpose flour ¹
- butter ⁷
- kosher salt & ground pepper
- olive oil

Tools

- meat mallet (or heavy skillet)
- medium skillet
- rimmed baking sheet
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

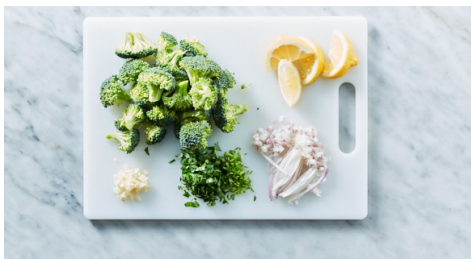
We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Energy 810.0kcal, Fat 44.0g, Proteins 46.0g, Carbs 58.0g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Cut **broccoli** into 1-inch florets. Halve, peel and thinly slice **all of the shallot** lengthwise. Finely chop 2 tablespoons of the sliced shallots. Pick **parsley leaves** from **stems**; finely chop stems and leaves, keeping them separate. Peel and finely chop **1 large garlic clove**. Cut **half of the lemon** into wedges.



4. Cook pilaf

To the **orzo**, add **parsley stems**, **1¼ cups water**, and **¼ teaspoon salt**, and bring to a boil. Reduce heat to low and simmer, covered, stirring occasionally, until orzo is tender and liquid is evaporated, 12-15 minutes (add additional water, a few tablespoons at a time and a few extra minutes, if necessary). Season to taste with **salt** and **pepper**.



2. Roast broccoli & shallots

Toss **broccoli** and **sliced shallots** with **1½ tablespoons oil** on a rimmed baking sheet; season with **salt** and **pepper**. Roast on the center oven rack until tender and charred in spots, stirring once, 15-20 minutes.



5. Cook chicken

Add **¼ cup flour** to a shallow dish; season with **salt** and **pepper**. Pat **chicken** dry and pound to ½-inch thickness. Season all over with **½ teaspoon salt** and **a few grinds pepper**. Coat chicken in flour shaking off excess. Heat **2 tablespoons oil** in a medium skillet over medium-high. Add chicken to skillet; cook until cooked through and golden, 3-4 minutes per side.



3. Toast orzo

Meanwhile, heat **½ tablespoon oil** in a small saucepan over medium-high. Add **chopped shallots** and cook until golden, 1-2 minutes. Add **orzo** and cook, stirring, until deep golden-brown, 2-3 minutes.



6. Finish & serve

Transfer **chicken** to a board. Pour off and discard **any oil** in skillet. Return skillet to medium heat and add **2 tablespoons butter**, **chopped parsley leaves**, and **garlic**. Swirl skillet to melt butter; add chicken back to skillet turning to coat, about 1 minute. Serve **chicken** and **sauce** with **orzo**, **roasted broccoli**, and **lemon wedges** for squeezing over. Enjoy!