

DINNERLY



Crispy Parmesan Chicken with Roasted Broccoli

 20-30min  2 Servings

Crispy. Parmesan. Chicken. Should we just stop it right there? We're not sure that anymore needs to be said in order to convince you that this meal is a treat. It's light on carbs, but heavy on flavor. The chicken is coated in a crispy Parmesan-infused panko breading and served with roasted broccoli crisped to caramelized perfection. We've got you covered!

WHAT WE SEND

- broccoli crowns
- boneless, skinless chicken breast
- chicken broth concentrate
- garlic

WHAT YOU NEED

- butter ⁷
- kosher salt & ground pepper
- olive oil
- white wine vinegar

TOOLS

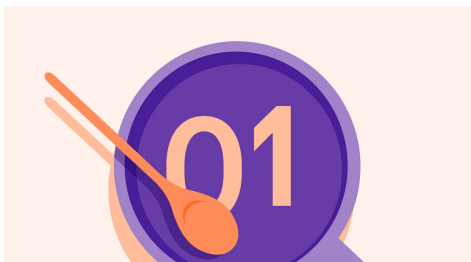
- meat mallet (or heavy skillet)
- medium ovenproof skillet
- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

Energy 470.0kcal, Fat 32.0g, Proteins 32.0g, Carbs 14.0g



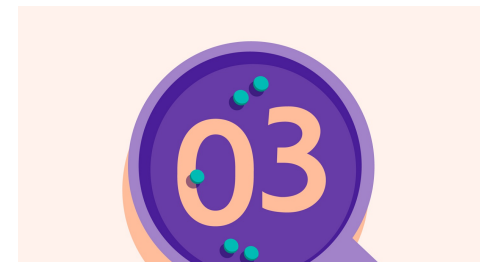
1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Peel and thinly slice **2 large garlic cloves**. Finely grate **Parmesan**. Pat **chicken** dry; place between 2 sheets of plastic wrap. Using a meat mallet or heavy skillet, pound to an even ¼-inch thickness.



2. Roast broccoli

Cut **broccoli**, through the stem, into 1-inch florets. On a rimmed baking sheet, toss broccoli with **1½ tablespoons oil** and season with **salt** and **pepper**. Roast on upper oven rack until well browned and crisp-tender, 10-12 minutes. Remove baking sheet from oven, and set aside. Switch oven to broil.



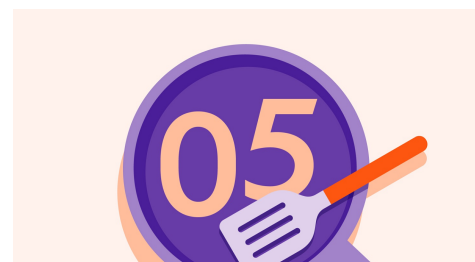
3. Sear chicken

Meanwhile, season **chicken** all over with ½ **teaspoon salt** and **several grinds of pepper**. Heat **1 tablespoon butter** and **1 tablespoon oil** in a medium skillet over medium-high. When butter foam subsides, add chicken and sear until lightly browned and just cooked through, about 1 minute per side. Transfer chicken to a plate.



4. Make pan sauce

Immediately add **garlic** to same skillet and cook until softened and browned, about 30 seconds, scraping up any browned bits. Add ¼ **cup water**, **chicken broth concentrate**, and ½ **teaspoon vinegar**. Bring to a simmer. Remove skillet from heat, then stir in **sour cream**. Carefully pour **any chicken juices** from plate into skillet, then whisk to combine.



5. Broil chicken & serve

Transfer **chicken** to skillet. Sprinkle chicken (not sauce) with **panko**, then top with **Parmesan**. Drizzle topping generously with **oil**. Broil on upper oven rack until **sauce** is bubbling and **topping** is golden and crisp, 3–4 minutes (watch closely). Serve **chicken** and **pan sauce** alongside **broccoli**. Enjoy!



6. Carb conscious?

This is a low carb meal by design, but you could add some crusty bread for dipping in the sauce for those that want a carb boost.