

DINNERLY



Crispy Parmesan Chicken with Roasted Broccoli

 20-30min  4 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

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

WHAT YOU NEED

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

TOOLS

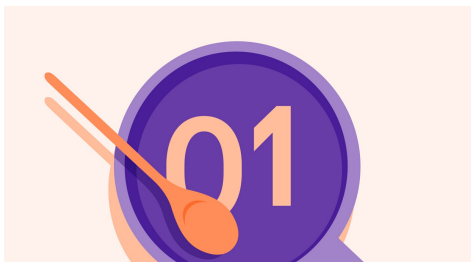
- large ovenproof skillet
- meat mallet (or heavy skillet)
- rimmed baking sheet

ALLERGENS

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

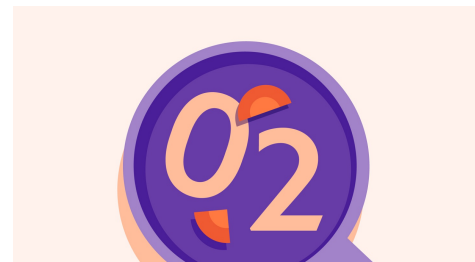
NUTRITION PER SERVING

Energy 430.0kcal, Fat 28.0g, Proteins 32.0g, Carbs 13.0g



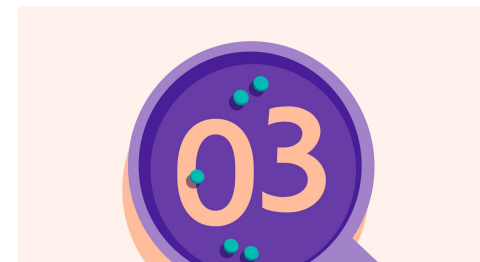
1. Prep ingredients

Preheat oven to 450°F with rack in upper third. Thinly slice **3 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 1/4-inch thickness.



2. Roast broccoli

Cut **broccoli**, through the stem, into 1-inch florets. On a rimmed sheet pan, toss broccoli with **3 tablespoons oil** and season with **salt** and **pepper**. Place on upper rack and cook until well browned and crisp-tender, 12-15 minutes. Switch oven to broil.



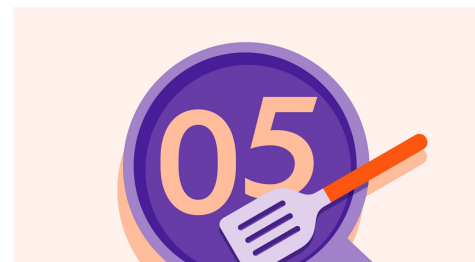
3. Sear chicken

Meanwhile, season **chicken** well all over with **1 teaspoon salt** and **a few generous grinds of pepper**. Heat **2 tablespoons butter** with *1 tablespoon oil* in a large skillet over medium-high. When butter foam subsides, add chicken and sear until lightly browned and just cooked through, about 2 minutes per side. Transfer chicken to a plate.



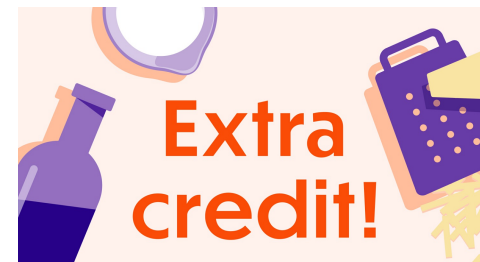
4. Make sauce

Immediately add **garlic** to pan and cook until softened and browned, about 30 seconds, scraping up any browned bits. Add **1/4 cup water**, **chicken broth concentrate**, and **1 teaspoon vinegar**. Bring to a simmer. Remove pan from heat, then stir in **all of the sour cream**. Carefully pour **any accumulated 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**. Place on top oven rack and broil until **sauce** is bubbling and **topping** is golden and crisp, 3-4 minutes (watch carefully). Serve **chicken** and **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.