



DINNERLY



**PICKY EATER
PROOF**

Chicken Parm with Roasted Broccoli & Garlic Bread

 20-30min  2 Servings

Allow us to introduce you to your new best friend— tomato paste! Flavorful, a little sweet, and of course full of concentrated tomatoey goodness, this powerful ingredient makes a sauce with just a bit of water—minus the time and saucy splats on your stove from a big pot of tomato sauce. Paired with a juicy chicken breast—and don't forget the melted fontina!—for a classic reinvented. We've got ...

WHAT WE SEND

- broccoli
- garlic
- tomato paste
- boneless, skinless chicken breasts

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- sugar

TOOLS

- medium skillet
- rimmed baking sheet

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 840.0kcal, Fat 52.0g, Proteins 47.0g, Carbs 45.0g



1. Prep ingredients

Preheat oven to 450°F with top rack in the upper third. Peel and roughly chop **1 tablespoon garlic**. Thinly slice **fontina**. Trim end from **broccoli**, then cut into 1-inch spears. Split **hero roll**. In a small bowl, stir together **½ of the garlic** and **2 tablespoons oil**. Brush or spoon **garlic-oil** all over cut sides of bread.



4. Cook chicken

Meanwhile, pat **chicken** dry and season all over with **½ teaspoon salt** and **a few grinds pepper**. Heat **1 tablespoon oil** in same skillet over medium-high. Add chicken and cook until golden brown and just cooked through, about 2 minutes per side. Remove from heat and cover chicken with **tomato sauce** (sauce will sizzle).



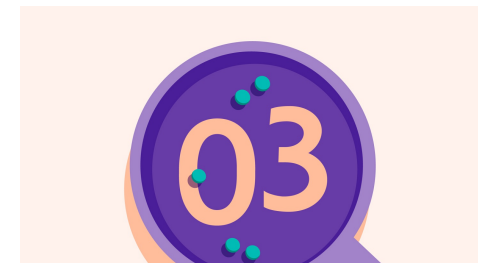
2. Make sauce

Heat **1 tablespoon oil** and **remaining garlic** in a medium ovenproof skillet over medium-high until sizzling, about 1 minute. Add **¼ cup tomato paste** and cook, stirring, 2 minutes. Add **1½ cups water**, **½ teaspoon each salt and sugar**, and **a few grinds pepper**. Boil until reduced to 1 cup, about 5 minutes. Pour sauce into a measuring cup. Rinse and dry skillet.



5. Broil chicken & bread

Top **chicken** with **sliced fontina** and place skillet on upper oven rack. Broil until fontina is melted and golden brown in spots, and sauce is bubbling, about 3 minutes (watch closely). Cut **roll** crosswise into slices and serve alongside **chicken**, **roasted broccoli**, and **remaining sauce** on the side for dipping. Enjoy!



3. Roast broccoli

While sauce cooks, toss **broccoli** with **2 tablespoons oil** on a rimmed baking sheet; season generously with **salt** and **pepper**. Roast on upper oven rack until tender, browned, and crisp in spots, about 10 minutes, adding **bread** to baking sheet halfway through to lightly toast (watch closely). Remove from oven; wrap bread in foil to keep warm. Turn broiler to high.



6. Take it to the next level

Feeling spicy? Care for a suggestion? Add a pinch of crushed red pepper to the sauce for a little heat. Feeling zesty? Add a pinch of Italian seasoning to the sauce for an herbaceous kick.