

DINNERLY



LOW CARB

NO ADDED GLUTEN

Creamy Italian Grilled Chicken

with Charred Broccoli & Onions



20-30min



2 Servings

Back in the day when we were just kids, our parents knew that if they loaded a salad with creamy Italian dressing that we were 150% more likely to eat it. These days, we're not kids, but our love for those those creamy Italian flavors has never quit. So, now that we're calling the shots, why limit it to just salads? We make our own creamy Italian and drape it over the chicken and veggies in thi...

WHAT WE SEND

- yellow onion
- Italian seasoning
- boneless, skinless chicken breast
- garlic
- broccoli

WHAT YOU NEED

- apple cider vinegar
- kosher salt & ground pepper
- olive oil

TOOLS

- meat mallet (or heavy skillet)

ALLERGENS

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

NUTRITION PER SERVING

Calories 340.0kcal, Fat 19.0g, Proteins 28.0g, Carbs 16.0g



1. Prep veggies

Peel **onion** and slice into ¼-inch thick rings, keeping the rings intact (about ½ cup). Peel and finely chop ½ **teaspoon garlic**. Trim ends from **broccoli**, then cut into 1-inch florets. In a medium bowl, toss broccoli with **1 tablespoon each oil and water**, ¼ **teaspoon salt**, and **a few grinds pepper**. Brush **onion rings** lightly with **oil**.



2. Prep dressing

In a medium bowl, combine **sour cream**, **chopped garlic**, **1 teaspoon each vinegar and Italian seasoning**, **1 tablespoon each oil and water**, ¼ **teaspoon salt**, and **a few grinds pepper**. Reserve for step 5.



3. Grill veggies

Heat a grill or grill pan to high. Grill **broccoli** until charred in spots, 2–3 minutes. Push broccoli to one side and add **onions**; cover and cook, about 2 minutes. Flip, then cover and cook until tender, 2–3 minutes. Transfer veggies to a plate; cover to keep warm.



4. Grill chicken

Meanwhile, pat **chicken** dry and, using a meat mallet or heavy skillet, pound to an even ¼-inch thickness; season all over with ½ **teaspoon salt** and **a few grinds pepper**. Grill chicken, reducing heat to medium-high, until lightly charred and cooked through, 2–3 minutes per side.



5. Finish & serve

Drizzle **broccoli** and **onions** lightly with **oil**. Drizzle **dressing** over **chicken**. Serve **chicken** with **charred broccoli and onions** alongside. Serve **remaining dressing** on the side for dipping. Enjoy!



6. No grill, no problem!

Use a skillet! Heat 1 tablespoon oil in a medium skillet over medium-high. Add onions, broccoli, and 1 tablespoon of water. Cover and cook until tender, 2–3 minutes. Transfer to a plate, covering to keep warm. Add 1 tablespoon of oil to the same skillet, and cook chicken until browned and cooked through, flipping once, 2–3 minutes.