



## Crispy Lemon-Parmesan Chicken

with Roasted Broccolini



30-40min



4 Servings

Boneless, skinless chicken breasts are pounded thin and then coated in panko and topped with Parmesan cheese. They're seared in a skillet and then finished in the oven for a browned, crisp topping. Elegant roasted broccolini is served alongside, and a creamy, lemony sauce brings it all together. Cook, relax, and enjoy!



## What we send

- chicken broth concentrate
- broccolini
- boneless, skinless chicken breasts
- lemon
- shallot

## What you need

- butter <sup>7</sup>
- kosher salt & ground pepper
- olive oil

## Tools

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

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

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

## Nutrition per serving

Calories 560.0kcal, Fat 34.0g, Proteins 45.0g, Carbs 20.0g



### 1. Prep ingredients

Preheat oven to 400°F with racks in the upper and lower thirds. Zest **lemon** then squeeze **1 teaspoon juice**; cut remaining lemon into wedges. Halve **shallot**, then peel and finely chop. Grate **Parmesan**. Pat **chicken** dry; place between 2 sheets of plastic wrap. Using a meat mallet or heavy skillet, pound chicken to an even ½-inch thickness.



### 4. Make sauce

Immediately add **shallots** to same skillet and cook until softened and browned, 1-2 minutes, scraping up any browned bits. Add **¼ cup water, chicken broth concentrate**, and **lemon zest**. Bring to a simmer. Remove skillet from heat, then stir in **all of the sour cream**.



### 2. Roast broccolini

Trim stem ends from **broccolini** and halve or quarter spears lengthwise if large. On a rimmed baking sheet, massage broccolini with **3 tablespoons oil** and season with **salt and pepper**. Place on lower oven rack and cook until well browned and crisp-tender, 10-12 minutes.



### 5. Bake chicken

Carefully pour **any chicken juices** from plate into skillet, then whisk to combine. Transfer **chicken** to skillet, browned side-up. Sprinkle chicken (not sauce) with **panko**, then top with **Parmesan**. Drizzle topping generously with **oil**. Bake in upper third of oven until sauce is bubbling and chicken is cooked through, about 8 minutes.



### 3. Sear chicken

Meanwhile, season **chicken** all over with **1 teaspoon salt** and **several grinds of pepper**. Melt **1½ tablespoons butter** with **2 tablespoons oil** in a large skillet over medium-high. When butter foam subsides, add chicken and sear until golden brown on one side, 3-4 minutes (chicken will not be cooked through). Transfer chicken to a plate.



### 6. Broil chicken & serve

Switch oven to broil. Broil **chicken** until topping is golden and crisp, 2-3 minutes (watch closely broilers vary). Reheat **broccolini** on lower oven rack, if desired, 1-2 minutes. Transfer chicken to plates. Whisk **lemon juice** into sauce. Spoon **sauce** onto plates alongside **chicken**. Serve with **broccolini** and **lemon wedges** for squeezing over top, if desired. Enjoy!