

# DINNERLY

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## Panko-Mustard Crusted Chicken with Roasted Zucchini



20-30min



4 Servings

Winner winner one-skillet chicken dinner! Chicken breasts are slathered with tangy Dijon mustard and a coating of crispy panko breadcrumbs, and then roasted on a bed of tender zucchini. The veggies get a serious flavor boost from the chicken by cooking in the same skillet. And you get a delicious, easy to clean-up, even easier to devour, dinner. Truly a win-win. We've got you covered! ...

#### WHAT WE SEND

- garlic
- boneless skinless chicken breast
- scallions
- zucchini
- Dijon mustard

#### WHAT YOU NEED

- coarse kosher salt
- freshly ground pepper
- olive oil

#### TOOLS

- medium skillet

#### ALLERGENS

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

#### NUTRITION PER SERVING

Calories 375.0kcal, Fat 18.0g, Proteins 39.4g, Carbs 11.5g



#### 1. Prep ingredients

Preheat oven to 450°F with rack in center position. Trim ends from **scallions** and finely chop. Trim ends from **zucchini**, halve lengthwise and thinly slice crosswise into ¼-inch half moons. Peel and finely chop **2 cloves garlic**.



#### 2. Toast panko

Heat **2 tablespoons oil** in a large skillet over medium-high. Add **panko** and cook, stirring, until golden brown, 1–3 minutes; transfer breadcrumbs to a bowl and wipe out skillet. Season breadcrumbs with **½ teaspoon salt** and **a few grinds pepper**.



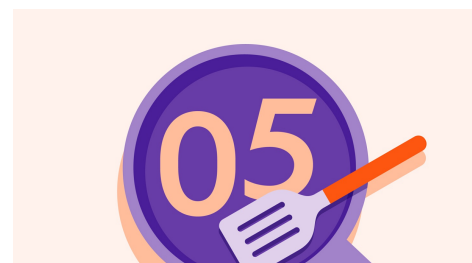
#### 3. Bread chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. In a small bowl, combine **mustard**, **2 tablespoons chopped scallion**, and **1 teaspoon oil**. Spread **scallion-mustard mixture** all over 1 side of each chicken breast. Sprinkle **breadcrumbs** evenly over **mustard** and press lightly to adhere.



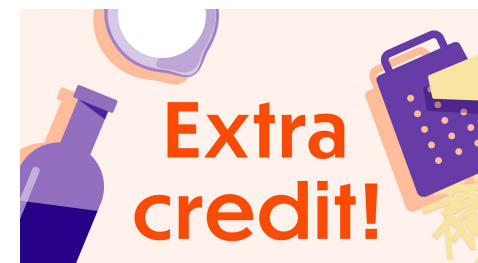
#### 4. Sauté zucchini

Heat **2 tablespoons oil** in same skillet over high. Add **zucchini** and cook, stirring, until crisp-tender and browned in spots, about 3 minutes. Remove from heat, stir in **garlic**, **¾ of the remaining scallions**, and season with **¾ teaspoon salt** and **a few grinds pepper**.



#### 5. Finish & serve

Place **chicken** on top of **zucchini**. Roast on center rack until chicken is cooked through, 5–10 minutes. Serve **chicken** and **zucchini** topped with **remaining scallions** and **a drizzle of olive oil**. Enjoy!



#### 6. Take it to the next level

Garlicky sauteed greens, like chopped kale, Swiss chard, or spinach would be a perfect accompaniment. Squeeze a bit of lemon juice over top for a bright finish before serving.