



FAST

LOW CALORIE

Parmesan-Thyme Chicken

with Roasted Romaine Salad



20-30min



4 Servings

We love roasting romaine—the edges of the lettuce get lightly charred, while the inside remains crisp and refreshing. Not sure how you feel about it? No problem! Skip the roasting and slice the romaine crosswise into 1-inch wide ribbons, then toss with the peppery radishes and creamy Parmesan dressing.

What we send

- dijon mustard ¹⁷
- panko breadcrumb ^{1,6}
- mayonnaise ^{3,6}
- romaine heart
- fresh thyme
- garlic
- Parmesan ⁷
- boneless, skinless chicken breasts
- red radish

What you need

- kosher salt & ground pepper
- olive oil
- white wine vinegar ¹⁷

Tools

- box grater or microplane
- 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

Wheat (1), Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 460kcal, Fat 27g, Carbs 11g, Proteins 41g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Line a rimmed baking sheet with foil, then lightly drizzle with **oil**. Finely grate **all of the Parmesan**. Pick **2 teaspoons of thyme leaves** from stems, discarding stems; finely chop leaves. Peel and finely chop **2 teaspoons garlic**.



4. Broil romaine & chicken

Halve each **romaine** lengthwise, then brush cut sides with **oil** and season with **a pinch each salt and pepper**. Transfer, cut sides up, to baking sheet with chicken. Broil on upper oven rack until chicken is cooked through and romaine is browned in spots, 2-3 minutes (watch closely, as broilers vary).



2. Make Parmesan-herb panko

In a medium bowl, stir together **panko**, **chopped thyme**, **½ cup of the Parmesan**, **1 teaspoon of the chopped garlic**, and **2 tablespoons oil**.



5. Make dressing

In a medium bowl, stir together **Dijon**, **mayonnaise**, **2 teaspoons vinegar**, **4 teaspoons each water and oil**, **remaining chopped garlic and Parmesan**. Season to taste with **salt and pepper**.



3. Season & bake chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Transfer to the prepared baking sheet; top chicken with **Parmesan-thyme panko**, pressing gently to help topping adhere. Bake on upper oven rack until chicken is almost cooked through and panko is lightly browned, about 10 minutes (watch closely). Remove from oven. Switch oven to broil.



6. Finish & serve

Trim and discard ends from **radishes**, then thinly slice into rounds. Serve **roasted romaine salad** topped with **radishes** and drizzled with **creamy Parmesan dressing** alongside **Parmesan-thyme chicken**. Enjoy!