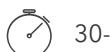




NO ADDED GLUTEN

Creamy Italian Grilled Chicken

with Broccoli & Lemon Potatoes



30-40min



2 Servings

If you don't have a grill or grill pan, preheat oven to 450°F with a rack in the upper and lower thirds. Place broccoli and onions on a rimmed baking sheet and roast in upper third of oven until lightly charred, 7-9 minutes. Heat 1 tablespoon oil in a large skillet over medium-high, add chicken and cook until golden and cooked through, about 2-3 per side.

What we send

- Italian seasoning
- boneless, skinless chicken breasts
- broccoli
- garlic
- sour cream
- yellow onion
- russet potato
- lemon

What you need

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

Tools

- microplane or grater
- 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

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

Nutrition per serving

Calories 730kcal, Fat 37g, Carbs 58g, Proteins 45g



1. Roast potatoes

Preheat oven to 450°F with a rack in the lower third. Scrub **potato**, then cut lengthwise into wedges. On a rimmed baking sheet, toss potatoes with **1 tablespoon oil, 1 teaspoon salt, and a few grinds pepper**. Roast in lower third of oven until deep golden-brown underneath, 15-17 minutes.



2. Prep ingredients

Finely grate **1 teaspoon lemon zest**. Separately squeeze **1 tablespoon lemon juice** into a small bowl. Peel and slice **½ cup onion** into ¼-inch thick rings, keeping rings intact. Peel and finely chop **½ teaspoon garlic**. Trim and discard ends from **broccoli**, then cut into 1-inch spears.



3. Make dressing

In a medium bowl, whisk **all of the sour cream, garlic, 2 tablespoons each oil and water, 1 teaspoon vinegar, 1 teaspoon of the lemon juice, 1 teaspoon of the Italian seasoning**. Season to taste with **salt and pepper**. Toss **potatoes** with **lemon zest** and **remaining lemon juice**; arrange on sheet browned-side up. Bake until tender and browned, 5-7 minutes more.



4. Cook broccoli

Heat a grill or grill pan to high. In a medium bowl, toss **broccoli** with **1 tablespoon each oil and water, ¼ teaspoon salt, and a few grinds pepper**. Brush **onion rings** with **oil**. Add broccoli and onions to grill and cook until charred in spots, 1-2 minutes. Flip, cover, and cook until tender, 2-3 minutes more. Transfer vegetables to a plate. Cover to keep warm.



5. Grill chicken

Meanwhile, pat **chicken** dry and pound to an even ¼-inch thickness, if necessary. Season chicken all over with **½ teaspoon salt and a few grinds pepper**; drizzle lightly with **oil**. Add chicken to grill or grill pan and cook over medium-high until lightly charred and cooked through, 2-3 minutes per side.



6. Finish & serve

Serve **chicken**, spooning **some of the dressing** over the top. Serve **grilled chicken** alongside **broccoli, onions, and potatoes** with **remaining dressing** on the side for dipping. Enjoy!