

DINNERLY

Parmesan Chicken Breast

with Dijon Caper Green Beans



2 Servings

WHAT WE SEND

- 12 oz pkg boneless, skinless chicken thighs
- 1 oz panko ¹
- ¾ oz Parmesan ⁷
- ½ lb green beans
- 1 oz capers ¹⁷
- 1 pkt Dijon mustard ¹⁷
- 1 oz mayonnaise ^{3,6}
- ¼ oz Tuscan spice blend

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- garlic

TOOLS

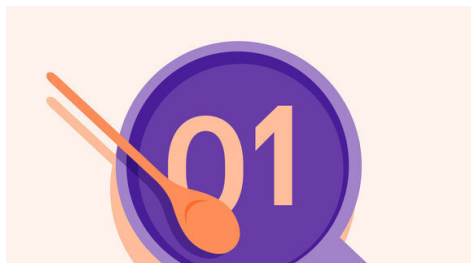
- rimmed baking sheet

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.

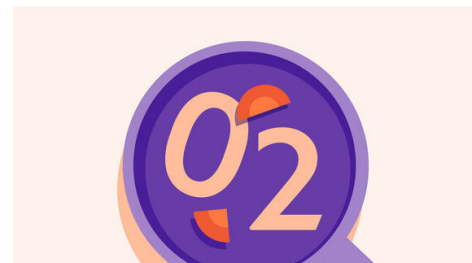
NUTRITION PER SERVING

Calories 0kcal



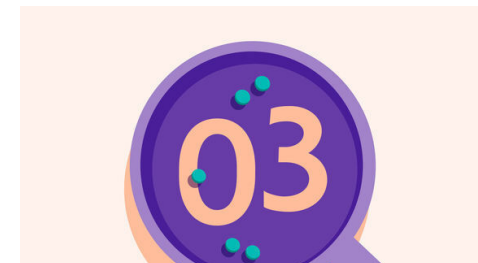
1. Prep ingredients

Preheat oven to 400 degrees. Trim stem ends from green beans. In a medium microwave-safe bowl, combine green beans and 1 tablespoon butter; season with salt and pepper. Cover and microwave on high until bright green and hot, 1–3 minutes. In a separate small bowl, finely grate garlic, and mix with mayo and parmesan; season to taste



2. Prep Chicken

Pat Chicken dry and place on an oiled, rimmed baking sheet. Season chicken breasts with salt & pepper. Take mayo mixture and spoon over chicken breasts evenly. Mix Panko and tuscan blend together in a small bowl before sprinkling it over the chicken breasts.



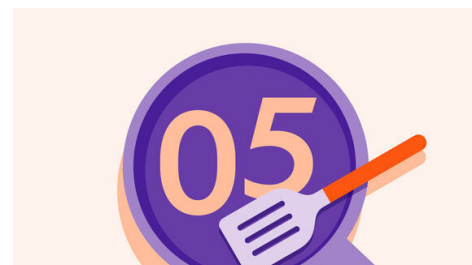
3. Bake Chicken

Place Chicken breasts in the oven for 20–25 minutes until golden brown, remove to cool and rest.

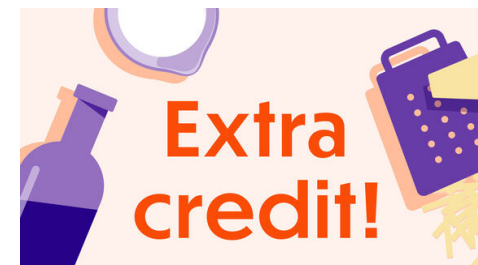


4. Finishing Touches

Toss green beans with dijon packet and capers, season to taste. Plate chicken alongside the green beans and enjoy!



5.



6.

Extra credit!