



## Crispy Lemon-Parmesan Chicken

with Roasted Broccolini

30-40min

2 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. Roasted broccolini is served alongside, and a creamy, lemony sauce brings it all together.

## What we send

- 1 lemon
- 1 shallot (use half)
- $\frac{3}{4}$  oz piece Parmesan <sup>7</sup>
- 12 oz pkg boneless, skinless chicken breasts
- 1 bunch broccolini
- 1 pkt chicken broth concentrate
- 3 pkts sour cream <sup>7</sup>
- 1 oz panko (use  $\frac{1}{4}$  cup) <sup>1,6</sup>

## What you need

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

## Tools

- microplane or grater
- meat mallet (or heavy skillet)
- rimmed baking sheet
- medium ovenproof skillet

**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), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 650kcal, Fat 43g, Carbs 27g, Proteins 49g



### 1. Prep ingredients

Preheat oven to 400°F with racks in the upper and lower thirds. Zest **lemon**. Separately squeeze **1 teaspoon lemon juice** into a small bowl. Cut any remaining lemon into wedges. Finely chop **half of the shallot** (save rest for own use). Finely grate **Parmesan**. Pat **chicken** dry; place between 2 sheets of plastic wrap. Using a meat mallet or skillet, pound to an even  $\frac{1}{2}$ -inch thickness.



### 4. Make sauce

Immediately add **chopped shallots** to same skillet and cook, scraping up any browned bits, until softened and browned, 1-2 minutes. Add **chicken broth concentrate**,  **$\frac{1}{4}$  cup water**, and **lemon zest**. Bring to a simmer. Remove skillet from heat, then stir in **all of the sour cream**.



### 2. Roast broccolini

Trim **broccolini**, then halve or quarter spears lengthwise, if large. On a rimmed baking sheet, massage broccolini with **2 tablespoons oil** and season with **salt** and **pepper**. Roast on lower oven rack until well browned and crisp-tender, 10-12 minutes (watch closely as ovens vary).



### 3. Sear chicken

Meanwhile, season **chicken** all over with **salt** and **pepper**. Heat **1 tablespoon each of butter and oil** in a medium ovenproof 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.



### 5. Bake chicken

Carefully pour **any resting chicken juices** from plate into skillet, whisking to combine. Transfer **chicken** to skillet, browned side up. Sprinkle chicken (not sauce) with  **$\frac{1}{4}$  cup panko**, then top with **Parmesan**. Drizzle topping generously with **oil**. Bake on upper oven rack until sauce is bubbling and chicken is cooked through, about 8 minutes (watch closely).



### 6. Broil chicken & serve

Switch oven to broil. Broil **chicken** until topping is golden and crisp, 2-3 minutes (watch closely). 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!