



Garlic Knot Chicken

with Orzo Pilaf & Roasted Broccoli

30min



2 Servings



Attention, garlic lovers! This one's for you. Garlic knots are one of our most favorite snacks—it's hard to beat garlicky, buttery, parsley-covered scraps of pizza dough. Marrying those flavors with tender chicken creates an irresistible main course. Orzo becomes creamy when cooked rice pilaf-style, as it is on the side here, where it's joined by another of our favorites, roasted broccoli.

What we send

- ½ lb broccoli
- 1 medium red onion
- ¼ oz fresh parsley
- garlic
- 1 lemon
- 3 oz orzo ¹
- 12 oz pkg boneless, skinless chicken breasts

What you need

- olive oil
- kosher salt & ground pepper
- ¼ c all-purpose flour ¹
- butter ⁷

Tools

- rimmed baking sheet
- small saucepan
- meat mallet (or heavy skillet)
- medium skillet

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 740kcal, Fat 35g, Carbs 60g, Proteins 51g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Trim stem ends from **broccoli**, then cut crowns into 1-inch florets. Halve and thinly slice **onion** lengthwise; finely chop 2 tablespoons of the sliced onions. Finely chop **parsley leaves and stems**, keeping them separate. Finely chop **1 large garlic clove**. Cut **half of the lemon** into wedges (save rest for own use).



2. Roast broccoli & onions

On a rimmed baking sheet, toss **broccoli** and **sliced onions** with **1½ tablespoons oil** and **a pinch each of salt and pepper**. Roast on center oven rack until tender and charred in spots, stirring once, 15-20 minutes (watch closely as ovens vary).



3. Toast orzo

Meanwhile, heat **½ tablespoon oil** in a small saucepan over medium-high. Add **chopped onions** and cook, stirring, until golden, 1-2 minutes. Add **orzo** and cook, stirring, until deep golden brown, 2-3 minutes.



4. Cook pilaf

To saucepan with **orzo**, add **parsley stems, 1¼ cups water**, and **¼ teaspoon salt**; bring to a boil. Reduce heat to low; simmer, covered, stirring occasionally, until orzo is tender and liquid is evaporated, 12-15 minutes. (Add additional water, a few tablespoons at a time, and cook for another few minutes, if necessary.) Season to taste with **salt** and **pepper**.



5. Cook chicken

Add **¼ cup flour** to a shallow dish; season with **salt** and **pepper**. Pat **chicken** dry; pound to an even ½-inch thickness with a meat mallet (or heavy skillet); season all over with **salt** and **pepper**. Coat chicken in **flour**, shaking off excess. Heat **2 tablespoons oil** in a medium skillet over medium-high. Add chicken; cook until cooked through and golden, 3-4 minutes per side.



6. Finish & serve

Transfer **chicken** to a cutting board. Pour off **any oil** from skillet. Return skillet to medium heat; add **chopped parsley leaves, garlic, and 2 tablespoons butter**, swirling to melt. Add chicken back to skillet, turning to coat, about 1 minute. Serve **buttery garlic chicken** with **orzo pilaf** and **roasted broccoli** alongside. Pass **lemon wedges** for squeezing. Enjoy!