

# DINNERLY



## Broccoli & Chicken Parm Hero & Italian Salad

Developed by Our Registered Dietitian



20-30min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. Has a meal ever looked this good? When you've got perfectly roasted broccoli, crisp ready to heat chicken cutlet, melty fontina, and marina sauce coming together, anything is possible. We've got you covered!



### WHAT WE SEND

- ½ lb broccoli
- ½ lb pkg ready to heat chicken cutlets <sup>1,3,7</sup>
- 2 oz balsamic vinaigrette
- 2 baguettes <sup>1</sup>
- 8 oz marinara sauce
- 2 oz shredded fontina <sup>7</sup>
- 1 romaine heart

### WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper

### TOOLS

- rimmed baking sheet
- microwave

### ALLERGENS

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

### NUTRITION PER SERVING

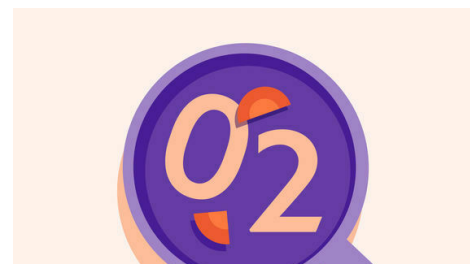
Calories 740kcal, Fat 29g, Carbs 98g, Protein 26g



#### 1. Prep ingredients

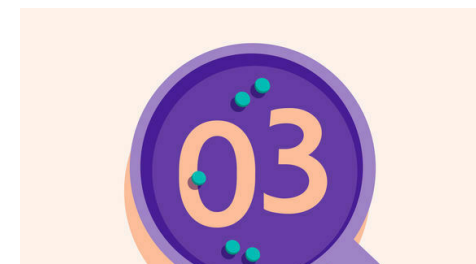
Preheat oven to 450°F with a rack in the top position.

Cut **broccoli** into large 2-inch florets, if necessary. Peel **1 garlic clove** and reserve for step 4.



#### 2. CUTLET VARIATION

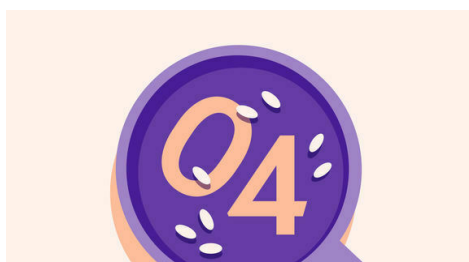
On a rimmed baking sheet, toss **broccoli** with **2 tablespoons oil** and a **generous pinch each of salt and pepper**. Push to 1 half of baking sheet. To remaining half, add **chicken cutlets**. Roast on top oven rack until tender and charred in spots and chicken cutlets are heated through, about 15 minutes. Transfer to a plate; switch oven to broil.



#### 3. Broil bread & heat sauce

Brush cut sides of **bread** generously with **oil**. Sprinkle with **salt** and **pepper**. Place on same baking sheet, cut-side up. Broil on top oven rack until golden-brown, 1–3 minutes (watch closely as broilers vary).

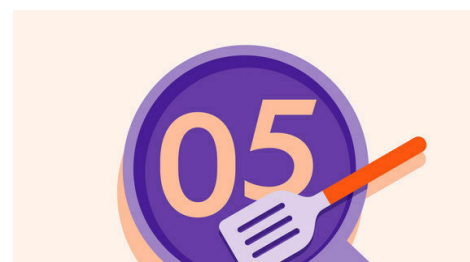
Add **marinara sauce** to a microwave-safe bowl; microwave until warmed through (or add to a saucepan and warm on stovetop).



#### 4. Assemble sandwich & broil

Rub **whole garlic clove** on cut sides of **bread**, then layer **chicken cutlets** and **broccoli** on bottom halves. Top each with **2 tablespoons marinara sauce**, then sprinkle with **cheese**.

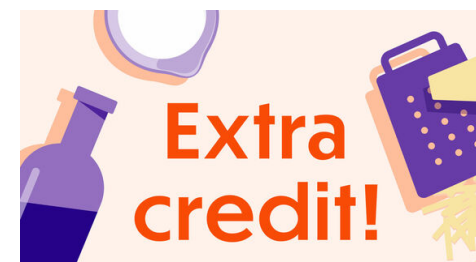
Broil on top oven rack until cheese is just melted, 1–2 minutes. Close **sandwiches** (halve, if desired).



#### 5. Make salad & serve

Halve **lettuce** lengthwise, then thinly slice crosswise, discarding end. Transfer to a medium bowl and add **balsamic dressing**; toss to combine.

Serve **chicken cutlet and broccoli parm hero** with **salad** alongside and **remaining marinara sauce** for dipping. Enjoy!



#### 6. Check us out!

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