

# DINNERLY



## Low-Carb Italian Chicken in Sun-Dried Tomato Cream Sauce with Broccoli



ca. 20min



2 Servings

This is the kind of meal you serve up when you're looking to blow a few minds. Juicy seasoned chicken breast, a luxe creamy sauce, and sun-dried tomatoes bursting with flavor come together in perfect harmony. But the kicker? People won't believe you when you tell them how easy it was to make. We've got you covered!



### WHAT WE SEND

- ½ lb broccoli
- 1 oz sun-dried tomatoes <sup>17</sup>
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz Italian seasoning
- 1 oz cream cheese <sup>7</sup>

### WHAT YOU NEED

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

### TOOLS

- rimmed baking sheet
- medium skillet

### ALLERGENS

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 500kcal, Fat 35g, Carbs 12g, Protein 39g

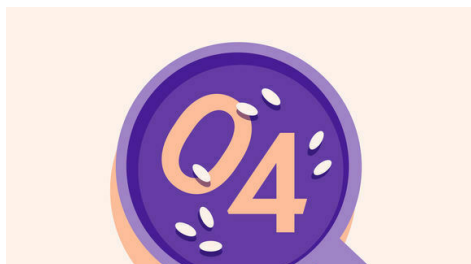


#### 1. Prep & broil broccoli

Preheat broiler with a rack in the upper third.

Finely chop **2 teaspoons garlic**. Slice **sun-dried tomatoes** into thin strips, if necessary.

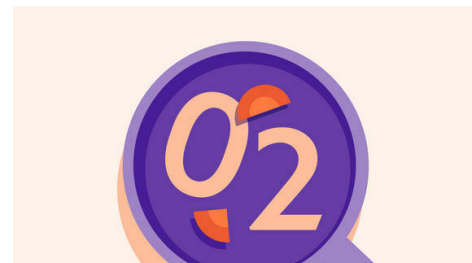
Cut **broccoli** into 1-inch florets, if necessary. Toss on a rimmed baking sheet with **2 tablespoons oil**; season with **salt** and **pepper**. Broil on upper oven rack until charred and tender, 8–10 minutes.



#### 4. Finish & serve

Return **chicken** to skillet with **sauce** and flip to coat. Season to taste with **salt** and **pepper**. If sauce is too thick, thin with **1 teaspoon water** at a time as needed.

Serve **chicken** in **sun-dried tomato cream sauce** with **roasted broccoli** alongside. Enjoy!



#### 2. Sear chicken

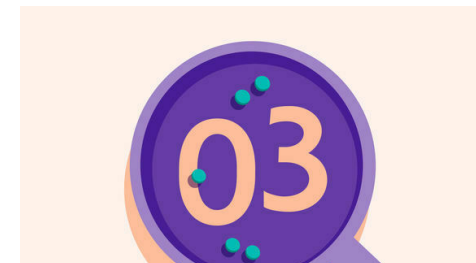
While **broccoli** roasts, pat **chicken** dry; pound to an even ½-inch thickness, if desired. Season each breast with **1 teaspoon Italian seasoning** and a **pinch each of salt and pepper**.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until browned and cooked through, 3–5 minutes per side. Transfer to a plate; set aside until step 4.



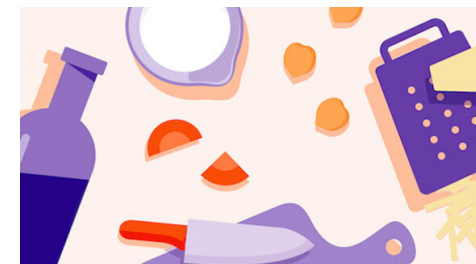
#### 5. ...

What were you expecting, more steps?



#### 3. Build sauce

To same skillet over medium-high heat, add **chopped garlic** and **1 tablespoon butter**; cook, stirring occasionally, until fragrant, about 30 seconds. Stir in **½ cup water** and **sun-dried tomatoes**; bring to a simmer. Stir in **cream cheese** until melted, about 1 minute more.



#### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!