

# DINNERLY



## Low-Carb French Onion Chicken Foil Packet:

Easy Clean Up!



30-40min



2 Servings

What if we told you that we took the best parts of French onion soup and slapped it on a tender chicken breast with a side of broccoli? And on top of that, what if it was all cooked together in incredibly easy, mess-free foil packets? You might not believe it's possible, but if anyone can do it, it's Dinnerly. We've got you covered!

## WHAT WE SEND

- 1 medium yellow onion
- ½ lb broccoli
- 10 oz pkg boneless, skinless chicken breast
- 2 oz shredded fontina <sup>7</sup>

## WHAT YOU NEED

- garlic
- butter <sup>7</sup>
- olive oil
- kosher salt & ground pepper
- balsamic vinegar (or red wine vinegar)

## TOOLS

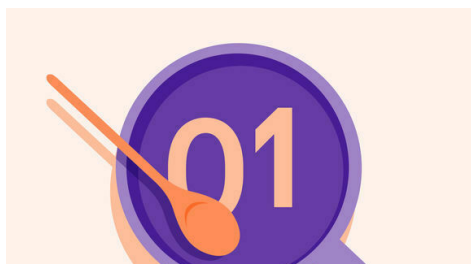
- medium skillet
- aluminium foil (or parchment paper)
- rimmed baking sheet

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 450kcal, Fat 24g, Carbs 17g, Protein 45g



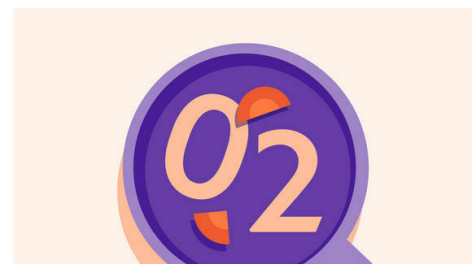
### 1. Prep ingredients

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

Halve and thinly slice **onion**.

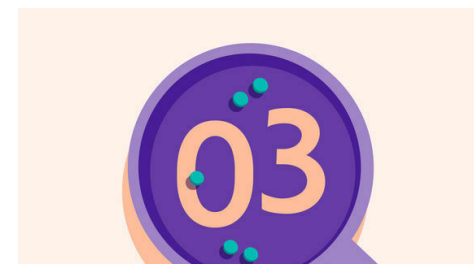
Cut **broccoli** into 1-inch florets, if necessary.

Finely chop **1 teaspoon garlic**.



### 2. Caramelize onions

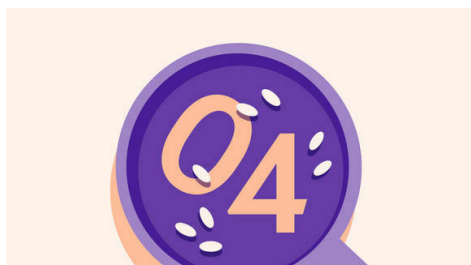
Heat **1 tablespoon each of butter and oil** in a medium skillet over medium-high. Add **onions** and cook, stirring, until very soft, 3–4 minutes. Season with **a pinch each of salt and pepper**. Stir in **chopped garlic** and **¼ cup water**. Cook, stirring occasionally, until liquid is reduced by half and onions are well browned and jammy, 1–2 minutes more. Stir in **¼ teaspoon vinegar**.



### 3. Cut foil & prep chicken

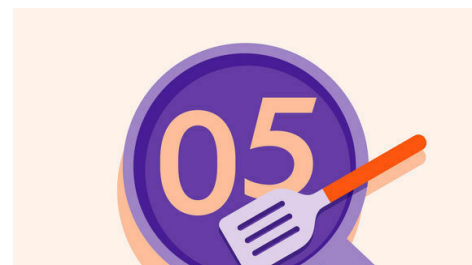
While **onions** cook, cut 2 pieces of foil into 12x20-inch rectangles.

Pat **chicken** dry and season all over with **salt and pepper**.



### 4. Assemble foil packets

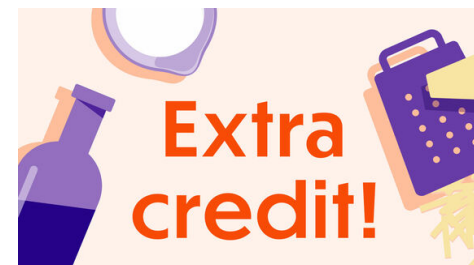
Place **chicken** and **broccoli** next to each other in center of each foil piece. Drizzle broccoli with **oil** and season with **salt and pepper**. Spread **caramelized onions** over chicken, then sprinkle with **cheese**. Fold sides of foil over top and pinch edges to seal (leave room inside packets for air to circulate). Transfer to a rimmed baking sheet.



### 5. Cook packets & serve

Roast packets on center oven rack until **chicken** is cooked through, about 15–20 minutes. Remove from oven and switch oven to broil. Carefully unwrap top of foil to expose **chicken and broccoli**.

Broil **French onion chicken and broccoli** on center oven rack until **cheese** is browned, about 2–3 minutes (watch closely as broilers vary). Enjoy!



### 6. Did you know?

Ordering Dinnerly is not only more convenient, but it also reduces your carbon footprint. A study from the University of Michigan found that cooking with meal kits (including packaging) generates a much lower carbon footprint than purchasing the same ingredients at the grocery store. Considering every step in the process, average greenhouse gas emissions are ⅓ lower when cooking with meal kits.