

# DINNERLY



## Garlic & Herb Pan-Roasted Chicken with Ranch Macaroni Salad & Sautéed Broccoli



30-40min



2 Servings

Try as we might, we can only eat mac and cheese so many times for a quick weeknight dinner. So instead of cheese, how about tossing macaroni with roasted red peppers and ranch dressing? And a side of tender broccoli? And why not throw in a juicy, marinated chicken breast? Tonight is looking better already. We've got you covered!



## WHAT WE SEND

- 4 oz elbow macaroni <sup>1</sup>
- ½ lb broccoli
- 2 oz roasted red peppers
- 10 oz pkg boneless, skinless chicken breasts
- ¼ oz Italian seasoning
- 1½ oz ranch dressing <sup>3,6,7</sup>

## WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- olive oil
- white wine vinegar (or apple cider vinegar) <sup>17</sup>

## TOOLS

- medium saucepan
- medium skillet

## ALLERGENS

Wheat (1), Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 770kcal, Fat 44g, Carbs 54g, Protein 46g



### 1. Cook pasta

Bring a medium saucepan of **salted water** to a boil over high. Add **pasta**; cook, stirring, until al dente, 8–9 minutes. Drain, rinse under cold water, and drain well again; transfer to a medium bowl.

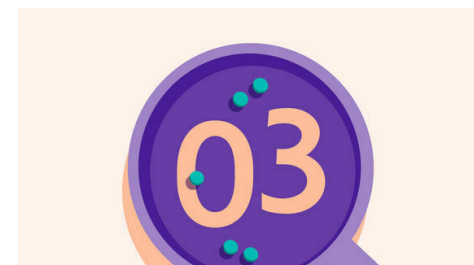
Meanwhile, finely chop 1 **teaspoon garlic**. Cut **broccoli** into 1-inch florets, if necessary. Coarsely chop **roasted red peppers**.



### 2. Marinate chicken

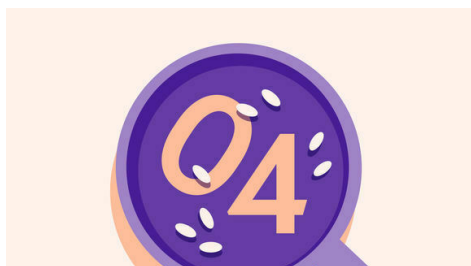
Pat **chicken** dry and pound to an even ½-inch thickness, if necessary.

In a medium bowl, stir to combine **chopped garlic**, 2 **tablespoons each of oil and vinegar**, 2 **teaspoons Italian seasoning**, and ¾ **teaspoon salt**; season with **pepper**. Add chicken, turning to coat. Set aside to marinate until step 4.



### 3. Cook broccoli

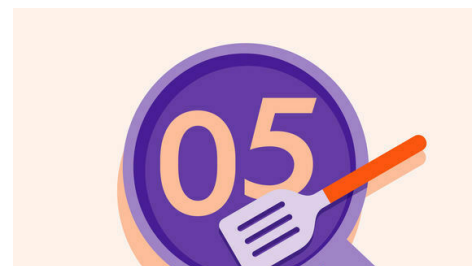
Heat 1 **tablespoon oil** in a medium skillet over medium-high. Add **broccoli** and 3 **tablespoons water**; cover and cook until tender and lightly browned in spots, 4–5 minutes. Transfer to a bowl and cover to keep warm until ready to serve.



### 4. Cook chicken & pan sauce

Scrape **marinade** off **chicken** (do not discard). Heat 1 **tablespoon oil** in same skillet over medium-high. Cook chicken until lightly browned and cooked through, 2–3 minutes per side; transfer to plates.

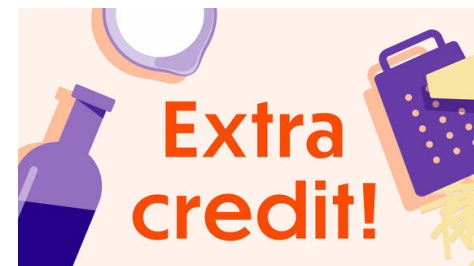
To same skillet over medium heat, add ¼ **cup water** and **any remaining marinade**; cook, scraping up any browned bits from bottom of skillet. Bring to a boil, then remove from heat.



### 5. Finish salad & serve

To bowl with **pasta**, add **ranch dressing** and **half of the chopped peppers**; toss to coat.

Serve **garlic and herb chicken** with **pan sauce** spooned over top and **broccoli** and **macaroni salad** alongside. Top macaroni with **remaining chopped peppers**. Enjoy!



### 6. Did you know?

Research shows that about ⅓ of food in US grocery stores is thrown out. Here at Dinnerly, we only buy what we need, when we need it, which is why <1% of our food goes to waste. On top of that, we are committed to cutting our food loss and waste by another 50% by 2030.