



Parmesan Chicken with Roasted Romaine Salad:

Easy Prep!



ca. 20min



2 Servings

We love roasting romaine—the edges of the lettuce get lightly charred, while the inside remains crisp and refreshing. Not sure how you feel about it? No problem! Skip the roasting and slice the romaine crosswise into 1-inch wide ribbons, then toss with the peppery radishes and creamy Parmesan dressing.

What we send

- ¾ oz Parmesan ⁷
- ¼ oz fresh thyme
- garlic
- 1 oz panko ^{1,6}
- 12 oz pkg boneless, skinless chicken breasts
- 1 romaine heart
- 1 pkt Dijon mustard ¹⁷
- 1 oz mayonnaise ^{3,6}
- 2 oz red radishes

What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar) ¹⁷

Tools

- rimmed baking sheet
- box grater or microplane

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 470kcal, Fat 28g, Carbs 12g, Protein 45g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Line a rimmed baking sheet with foil, then lightly drizzle with **oil**.

Finely grate **Parmesan**. Pick and finely chop **1 teaspoon thyme leaves**; discard stems. Finely chop **1 teaspoon garlic**.



2. Make Parmesan-thyme panko

In a small bowl, stir to combine **chopped thyme**, **¼ cup each of the Parmesan and panko**, **1 tablespoon oil**, and **½ teaspoon of the chopped garlic**.



3. Season & bake chicken

Pat **chicken** dry, then pound to ½-inch thickness, if necessary; season all over with **salt** and **pepper**. Transfer to prepared baking sheet, then top with **Parmesan-thyme panko mixture**, pressing gently to help adhere.

Bake on upper oven rack until chicken is almost cooked through and panko is lightly browned, about 10 minutes. Remove from oven. Switch oven to broil.



4. Broil romaine & chicken

Halve **romaine** lengthwise, then brush cut sides with **oil**; season with **a pinch each of salt and pepper**. Place on baking sheet with **chicken**, oiled sides up.

Broil on upper oven rack until chicken is cooked through and romaine is browned in spots, 2-3 minutes (watch closely as broilers vary).



5. Make dressing

In a small bowl, stir to combine **Dijon mustard**, **remaining chopped garlic and Parmesan**, **2 tablespoons mayonnaise**, **2 teaspoons each of water and oil**, and **1 teaspoon vinegar**. Season to taste with **salt** and **pepper**.



6. Finish & serve

Trim ends from **radishes**, then thinly slice into rounds.

Serve **Parmesan-thyme chicken** with **roasted romaine salad** alongside. Top **salad** with **radishes**, then drizzle **dressing** over top. Enjoy!