

DINNERLY



Low-Carb Crispy Chicken Cutlets with Charred Broccoli & Tahini Sauce



30-40min



2 Servings

These aren't your everyday breaded chicken cutlets—herby, zesty za'atar spice takes them to a whole 'nother level. We keep the flavor party going with charred broccoli tossed in a lemony dressing and a bright, garlicky tahini sauce to smother all over top. We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- 1 lemon
- ¼ oz granulated garlic
- 1 oz panko ^{1,6}
- ¼ oz za'atar spice blend ¹¹
- 10 oz pkg boneless, skinless chicken breasts
- 1 oz tahini ¹¹

WHAT YOU NEED

- olive oil
- red wine vinegar (or white wine vinegar)
- kosher salt & ground pepper
- 1 large egg ³
- neutral oil
- sugar

TOOLS

- microplane or grater
- rimmed baking sheet
- meat mallet (or heavy skillet)
- large skillet

ALLERGENS

Wheat (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 640kcal, Fat 43g, Carbs 22g, Protein 46g



1. Prep veggies & dressing

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

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

Grate **2 teaspoons lemon zest** into a small bowl; add **1 tablespoon each of olive oil and vinegar**. Stir to combine.



2. Roast broccoli

On a rimmed baking sheet, toss **broccoli** with **1½ tablespoons olive oil** and **¾ teaspoon granulated garlic**; season with **salt** and **pepper**. Roast on upper oven rack until well browned and crisp-tender, 10–12 minutes. Remove from oven; pour **lemon-zest dressing** over broccoli and toss to combine.

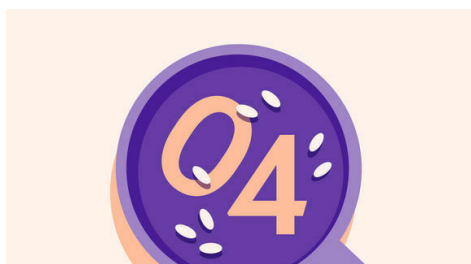


3. Prep breading & chicken

While **broccoli** cooks, whisk **1 large egg** in a large shallow bowl; season with **salt** and **pepper**.

In separate shallow bowl, stir together **panko** and **za'atar spice blend**; season with **salt** and **pepper**.

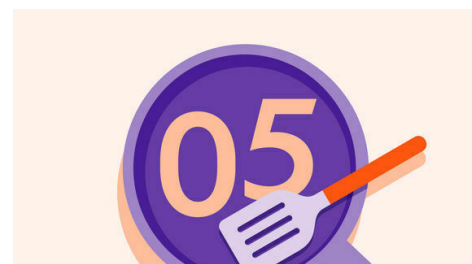
Pat **chicken** dry, then using a meat mallet or heavy skillet, pound to an even ¼-inch thickness; season all over with **salt** and **pepper**.



4. Bread & fry chicken

Dip **chicken** into **egg mixture**, letting excess drip back into bowl. Then dredge in **panko mixture**, pressing to adhere.

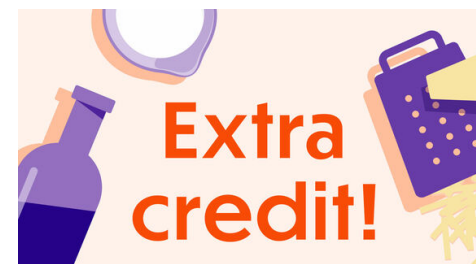
Heat **½-inch neutral oil** in a large skillet over medium-high until shimmering (oil should sizzle vigorously by adding a pinch of panko). Add chicken and cook until golden-brown and just cooked through, about 3 minutes per side. Transfer to a paper towel-lined plate.



5. Make sauce & serve

Juice **half a lemon** into a small bowl; add **tahini**, **½ teaspoon granulated garlic**, **1 tablespoon each of olive oil and water**, and **a pinch of sugar**. Thin with **1 tablespoon water** at a time, as needed. Season with **salt** and **pepper**. Cut **remaining lemon** into wedges.

Serve **chicken** and **charred broccoli** with **lemon wedges** and **tahini sauce** alongside. Enjoy!



6. How to: shallow fry

We have some quick tricks for the perfect crunch. Make sure your oil is hot: it should reach 350°F with an oil thermometer. If you drop a pinch of flour into the oil, it should sizzle vigorously. When working in batches, always make sure your oil comes back up to temperature in between (if it's browning too quickly, reduce the heat). If too low, the chicken will turn out oily instead of crispy.