

# DINNERLY



## Low-Cal Tuscan Chicken & Parmesan Potatoes

with Roasted Broccoli



30-40min



2 Servings

Level up your dinner menu with this PremiYUM recipe! You don't have to jet-set to Tuscany for a bite (or many bites) of those sunny Mediterranean flavors. Our herby Tuscan spice blend gives chicken breast the WOW factor, while melty Parmesan dresses up crisp potato wedges. Tender broccoli is a welcome addition to this satisfying meal, not to mention the buttery pan sauce we're spooning all over top. We've got you covered!



## WHAT WE SEND

- 2 russet potatoes
- ½ lb broccoli
- 10 oz pkg boneless, skinless chicken breast
- ¾ oz piece Parmesan <sup>7</sup>
- ¼ oz Tuscan spice blend
- 1 pkt turkey broth concentrate
- ¼ oz granulated garlic
- 1 oz sherry vinegar <sup>17</sup>

## WHAT YOU NEED

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

## TOOLS

- rimmed baking sheet
- microplane or grater
- 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

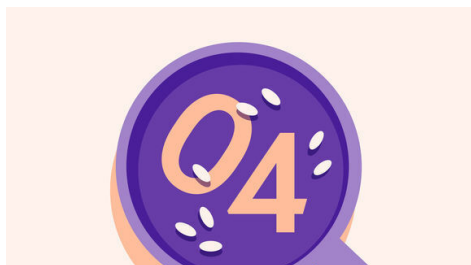
Calories 650kcal, Fat 30g, Carbs 51g, Protein 46g



### 1. Start potatoes

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

Scrub **potatoes**, then cut into ½-inch thick wedges. Toss on a rimmed baking sheet with **1 tablespoon oil** and **a generous pinch each of salt and pepper**. Push to one side and spread in an even layer. Roast on lower oven rack until just tender, about 15 minutes.



### 4. Cook chicken

While **veggies** roast, rub **Tuscan spice oil** all over **chicken**.

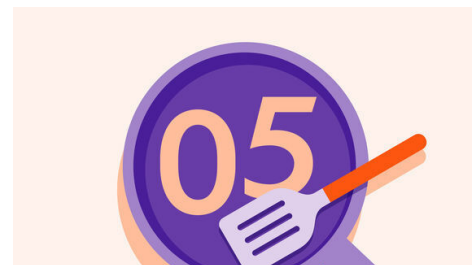
Heat **2 teaspoons oil** in a medium skillet over medium-high. Add chicken and cook until golden-brown and cooked through, 3–4 minutes per side. Transfer to plates and cover to keep warm.



### 2. Prep ingredients

While **potatoes** roast, cut **broccoli** into 1-inch florets, if necessary. Pat **chicken** dry; pound to an even ½-inch thickness, if desired. Season with **salt** and **pepper**. Finely grate **Parmesan**.

In a small bowl, stir to combine **Tuscan spice blend** and **2 teaspoons oil**; set aside for step 4.



### 5. Make pan sauce & serve

Drain **all but 1 teaspoon oil** from skillet. Add **broth concentrate**, **¼ teaspoon granulated garlic**, **¼ cup water**, and **1 teaspoon vinegar**; simmer until slightly reduced, about 3 minutes. Stir in **1 tablespoon butter**; season to taste.

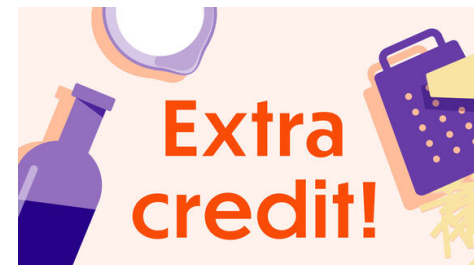
Serve **Tuscan chicken** with **Parmesan potatoes** and **broccoli** alongside. Spoon **pan sauce** over top. Enjoy!



### 3. Roast broccoli & potatoes

Flip **potatoes** and sprinkle all over with **Parmesan**. Add **broccoli** to open side of sheet, then drizzle with **1 tablespoon oil**; season with **a generous pinch each of salt and pepper**.

Roast on lower oven rack until broccoli is tender and potatoes are crisp, 10–12 minutes.



### 6. Pro tip!

If your potatoes are sticking to the baking sheet after roasting with the cheese in step 3, they're not done cooking! They'll easily release from the baking sheet when well browned and crisp.