

DINNERLY



Upgrade to Double Broccoli

Low-Carb Creamy Italian Grilled Chicken



20-30min



2 Servings

This version of the recipe is customized with double the broccoli.

WHAT WE SEND

- 1 yellow onion
- 2 (½ lb) broccoli
- 1 oz sour cream ⁷
- ¼ oz Italian seasoning
- ¼ oz granulated garlic
- 10 oz pkg boneless, skinless chicken breast

WHAT YOU NEED

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

TOOLS

- grill or grill pan
- meat mallet (or heavy skillet)

ALLERGENS

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

NUTRITION PER SERVING

Calories 430kcal, Fat 22g, Carbs 24g, Protein 40g



1. Prep onion & broccoli

Slice **onion** into ¼-inch thick rings, keeping the rings intact. Cut **broccoli** into 1-inch florets, if necessary.

In a medium bowl, toss broccoli with 2 **tablespoons each of oil and water**, ½ **teaspoon salt**, and **a few grinds of pepper**. Brush onion rings lightly with oil.



2. Make dressing

Heat a grill to high, if using (see step 6!).

In a medium bowl, stir to combine **sour cream**, 1 **teaspoon each of vinegar and Italian seasoning**, a **pinch of granulated garlic**, 1 **tablespoon each of oil and water**, ¼ **teaspoon salt**, and **a few grinds of pepper**; set aside until step 5.



3. Grill veggies

Heat a grill pan to high, if using. Grill **broccoli** until charred in spots, 2–3 minutes. Push broccoli to one side and add **onions**; cover and cook, about 2 minutes. Flip, then cover and cook until tender and slightly charred, 2–3 minutes. Transfer veggies to a plate; cover to keep warm until ready to serve.



4. Grill chicken

While **veggies** grill, pat **chicken** dry. Using a meat mallet or heavy skillet, pound to an even ¼-inch thickness; season all over with ½ **teaspoon salt** and **a few grinds of pepper**. Grill chicken, reducing heat to medium-high, until lightly charred and cooked through, 2–3 minutes per side.



5. Finish & serve

Drizzle **broccoli** and **onions** lightly with oil.

Serve **grilled chicken** with **some of the Italian dressing** drizzled overtop and **charred broccoli and onions** alongside. Serve **remaining dressing** on the side for dipping. Enjoy!



6. No grill, no problem!

Use a skillet! Heat 1 **tablespoon oil** in a medium skillet over medium-high. Add **onions**, **broccoli**, and 1 **tablespoon of water**. Cover and cook until tender, 2–3 minutes. Transfer to a plate, covering to keep warm. Add 1 **tablespoon of oil** to the same skillet, and cook chicken until browned and cooked through, flipping once, 2–3 minutes.