

DINNERLY



Panko-Mustard Crusted Chicken with Roasted Zucchini



20-30min



2 Servings

Winner winner one-skillet chicken dinner! Chicken breasts are slathered with tangy Dijon mustard and a coating of crispy panko breadcrumbs, and then roasted on a bed of tender zucchini. The veggies get a serious flavor boost from the chicken by cooking in the same skillet. And you get a delicious, easy to clean-up, even easier to devour, dinner. Truly a win-win. We've got you covered! ...

WHAT WE SEND

- garlic
- scallions
- Dijon mustard ¹⁷
- boneless skinless chicken breast
- zucchini
- ½ oz panko ^{1,6}

WHAT YOU NEED

- coarse kosher salt
- freshly ground pepper
- olive oil

TOOLS

- medium skillet

ALLERGENS

Wheat (1), Soy (6), Sulphites (17). May contain traces of other allergens.

Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 370kcal, Fat 18g, Carbs 11g, Protein 39g



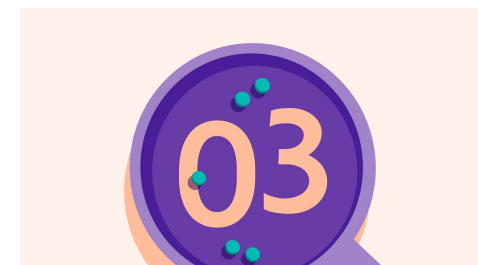
1. Prep ingredients

Preheat oven to 450°F with rack in center. Trim ends from **scallions**, then finely chop. Trim ends from **zucchini**, halve lengthwise, then thinly slice crosswise into ¼-inch half moons. Peel and finely chop **1 clove garlic**.



2. Toast panko

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **panko** and cook, stirring, until golden brown, 1–3 minutes; transfer breadcrumbs to a bowl and wipe out skillet. Season breadcrumbs with ¼ **teaspoon salt** and **a few grinds pepper**.



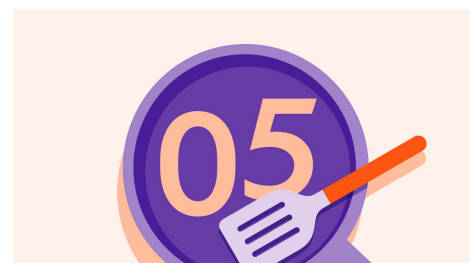
3. Bread chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. In a small bowl, combine **mustard**, **1 tablespoon chopped scallion**, and ½ **teaspoon oil**. Spread **scallion-mustard mixture** all over 1 side of each chicken breast. Sprinkle **breadcrumbs** evenly over **mustard** and press lightly to adhere.



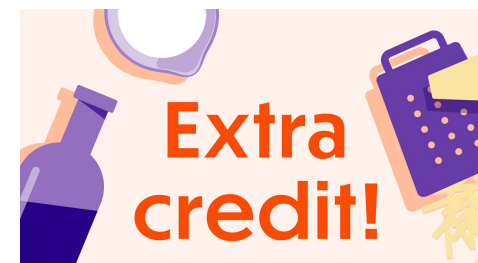
4. Sauté zucchini

Heat **1 tablespoon oil** in same skillet over high. Add **zucchini** and cook, stirring, until crisp-tender and browned in spots, about 3 minutes. Remove from heat, stir in **garlic**, and ½ of the **remaining scallions**; season with ½ **teaspoon salt** and **a few grinds pepper**.



5. Finish & serve

Place **chicken** on top of **zucchini**. Roast on center rack until chicken is cooked through, 5–10 minutes. Serve **chicken** and **zucchini** topped with **remaining scallions** and **a drizzle of olive oil**. Enjoy!



6. Take it to the next level

Garlicky sauteed greens, like chopped kale, Swiss chard, or spinach would be a perfect accompaniment. Squeeze a bit of lemon juice over top for a bright finish before serving.