

DINNERLY



Low-Carb Baked "Mac" & Cheese with Chicken

& Toasted Breadcrumbs



40-50min



2 Servings

Get your mac and cheese vibes without the carbo-load! We replaced the pasta with tender baked cauliflower smothered in a creamy cheese sauce. Add crispy breadcrumbs on top, chicken alongside, and think to yourself: "What CAN'T cauliflower do?" We've got you covered!

WHAT WE SEND

- 1 head cauliflower
- 2 (1 oz) cream cheese ⁷
- 1 pkt Dijon mustard ¹⁷
- 2 (¼ oz) cornstarch
- 1 oz panko ¹
- 2 (2 oz) shredded cheddar-jack blend ⁷
- 10 oz pkg boneless, skinless chicken breast

WHAT YOU NEED

- olive oil
- garlic
- 1 cup milk ⁷
- kosher salt & ground pepper
- butter ⁷

TOOLS

- rimmed baking sheet
- medium ovenproof skillet

ALLERGENS

Wheat (1), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 740kcal, Fat 56g, Carbs 37g, Protein 27g



1. Broil cauliflower

Preheat broiler with racks in the center and upper third.

Trim end from **cauliflower**; cut crown into 1-inch florets. Toss on a rimmed baking sheet with **2 tablespoons oil**; season with **salt and pepper**. Broil on upper oven rack until softened and browned in spots, stirring halfway through cooking time, 10–12 minutes. Remove from oven. Switch oven to 375°F.



2. Prep sauce & breadcrumbs

Crush **2 large garlic cloves**.

In a liquid measuring cup, whisk **all of the cream cheese, Dijon, 1½ tablespoons cornstarch, 1 cup milk, ½ cup water, ½ teaspoon salt, and ¼ teaspoon pepper** until smooth.

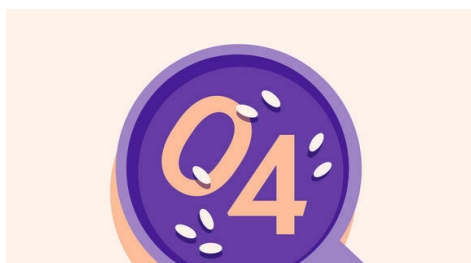
In a medium ovenproof skillet over medium heat, melt **1 tablespoon butter**. Add **¼ cup panko** (save rest); cook, stirring, until golden-brown, 3–4 minutes. Transfer to a plate.



3. Cook chicken

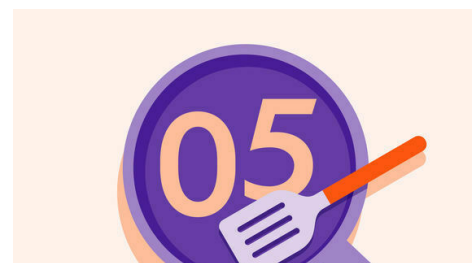
Pat **chicken** dry and season all over with **salt and pepper**.

Heat **1 tablespoon oil** in same skillet over medium-high. Add chicken and cook until golden brown and cooked through, 3–4 minutes per side. Transfer to a plate and cover to keep warm.



4. Make cheese sauce

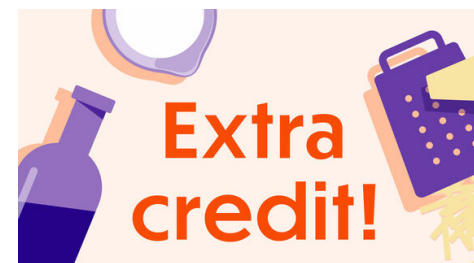
To same skillet, add **1 tablespoon butter** and **crushed garlic**. Cook, stirring, until garlic is light golden-brown and fragrant, 1–2 minutes. Stir **milk mixture**, then whisk into melted butter. Bring to a boil over high heat; cook, whisking constantly, about 1 minute. Remove from heat and remove garlic cloves, if desired; whisk in **all of the cheese** until smooth.



5. Bake & serve

To skillet with **cheese sauce**, fold in **cauliflower** until evenly coated; season to taste with **salt and pepper**. Sprinkle **toasted panko** over top. Bake on center oven rack until cauliflower is tender and sauce is bubbling, 25–30 minutes.

Let **baked cauliflower "mac" & cheese** rest for 5 minutes before serving with **chicken**. Enjoy!



6. Did you know?

Research shows that about ⅓ of food in US grocery stores is thrown out. Here at Dinnerly, we only buy what we need, when we need it, which is why <1% of our food goes to waste. On top of that, we're committed to cutting our food loss and waste by another 50% by 2030.