

DINNERLY



Low-Carb Lemon-Pepper Chicken with Roasted Broccoli



20-30min



2 Servings

Knock, knock. Who's there? Justin. Justin who? Justin time for dinner. A zesty, lemony pan-roasted chicken dinner to be exact. We've got you covered!

WHAT WE SEND

- 1 lemon
- ½ lb broccoli
- 10 oz pkg boneless, skinless chicken breast
- 1 pkt turkey broth concentrate

WHAT YOU NEED

- garlic
- butter ⁷
- kosher salt & ground pepper
- olive oil

TOOLS

- microplane or grater
- rimmed baking sheet
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 390kcal, Fat 23g, Carbs 10g, Protein 38g



1. Prep chicken rub

Preheat oven to 450°F with a rack in the center. Finely chop **¼ teaspoon garlic**; transfer to a small bowl with **1 tablespoon butter**. Set aside to soften at room temperature until step 4.

Into a separate small bowl, finely grate **1½ teaspoons lemon zest**; stir in **½ teaspoon salt** and **several grinds of pepper**. Set aside for step 3; reserve whole lemon for step 5.



2. Roast broccoli

Trim ends from **broccoli**, then cut crowns into 1-inch florets. Toss on a rimmed baking sheet with **1½ tablespoons oil** and season with **salt** and **pepper**. Roast on center oven rack until tender and browned in spots, 10–15 minutes.



3. Prep & cook chicken

While **broccoli** roasts, pat **chicken** dry; pound to an even ½-inch thickness, if desired. Rub all over with **lemon zest mixture**.

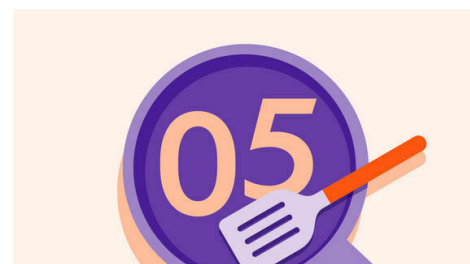
Heat **2 teaspoons oil** in a medium skillet over medium-high. Add chicken and cook until browned and cooked through, 2–3 minutes per side. Transfer to a plate; cover to keep warm until ready to serve.



4. Make garlic butter

Use a fork to mash together **chopped garlic** and **butter**; transfer **half of the garlic butter** to baking sheet with **broccoli** and toss to coat and combine.

Melt remaining garlic butter in same skillet over medium-high.



5. Make pan sauce & serve

To skillet with **garlic butter**, stir in **broth concentrate**, scraping up any browned bits from the bottom. Squeeze in **2 teaspoons lemon juice**, then whisk in **¾ cup water**; bring to a boil. Cook until reduced, 2–3 minutes. Season to taste.

Serve **chicken** and **broccoli** with **some of the pan sauce** spooned over top and **any remaining pan sauce** alongside for dipping. Enjoy!



6. Fries with that?

Make oven-roasted potato wedges or even simple baked potatoes as a side to help soak up the delicious garlic butter!