



## Roasted Red Pepper Chicken

with Cheesy Pull-Apart Garlic Knots



30-40min



2 Servings

Working with pizza dough may seem daunting, but it's not! Place the dough in an oiled bowl, loosely cover with a clean kitchen towel, and allow to come to room temperature. When you're ready to make the garlic knots, the dough will be soft and pliable. Use kitchen shears to cut the dough into equal pieces, then lightly oil your hands before shaping them, which will prevent sticking without the floury mess!



## What we send

- 1 lb pizza dough <sup>1</sup>
- 1 bell pepper
- garlic
- ¾ oz Parmesan <sup>7</sup>
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz fresh parsley
- ½ lb marinara sauce
- 2 oz roasted red peppers

## What you need

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

## Tools

- microplane or grater
- rimmed baking sheet
- medium skillet
- microwave

## Cooking tip

Let pizza dough come to room temperature before cooking. To speed things up, preheat oven to 200° F; place dough in a lightly oiled bowl and cover. Turn off heat and place bowl in oven for 10-20 mins.

## Allergens

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

## Nutrition per serving

Calories 790kcal, Fat 29g, Carbs 73g, Protein 46g



### 1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Place **half of the dough** (save rest for own use) in a lightly **oiled** medium bowl and set aside to come to room temperature, about 10 minutes. Halve **bell pepper**, discard stem and seeds, and cut into ½-inch pieces. Finely chop **1 teaspoon garlic**. Finely grate **Parmesan**.



### 4. Cook sauce & chicken

Heat **½ tablespoon oil** in same skillet over medium-high. Add **bell peppers** and season with **salt**. Cover and cook until peppers are softened and browned in spots, about 3 minutes. Stir in **marinara, roasted red peppers** and **½ cup water**, then bring to a boil. Return **chicken** to skillet and reduce heat to medium-low. Cook until chicken is cooked through, about 2 minutes.



### 2. Shape & bake knots

Lightly **oil** a rimmed baking sheet. On a work surface or cutting board, cut **dough** into 6 equal pieces (see front of recipe for our pro-tip). Lightly **oil** your hands, then use your palm to roll each piece into a 6-inch long rope and tie into a knot. Place knots on prepared baking sheet, touching slightly. Bake on center oven rack until golden-brown, 15-20 minutes.



### 5. Make garlic butter

In a small microwave-safe bowl microwave **1½ tablespoons butter** until melted, about 1 minute (alternatively, melt butter in a small skillet over medium heat). Stir **chopped garlic** and **half of the chopped parsley** into melted butter. Season with **salt and pepper**.



### 3. Brown chicken

Meanwhile, pat **chicken** dry and season all over with **salt and pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until browned, 2-3 minutes per side (it won't be cooked through); transfer to a plate. Pick and finely chop **parsley leaves**, discard stems.



### 6. Finish & serve

Brush **baked knots** with **garlic butter**, then sprinkle with **half each of the Parmesan and remaining chopped parsley**. Serve **red pepper chicken** garnished with **remaining Parmesan**, and **garlic knots** alongside for dipping into sauce. Enjoy!