

MARLEY SPOON



Sheet Pan Chicken Parm

with Garlic Toasts & Broccoli



20-30min



2 Servings

Who says chicken Parm needs to be heavy? This Parm, while lighter on the calories is anything but light on flavor. Tomatoes roast in the oven for concentrated tomato-sauciness, chicken gets roasted on top, and ooey-goey cheese blankets the entire yummy affair.

What we send

- garlic
- broccoli
- boneless, skinless chicken breasts
- tomatoes
- 1
- 7

What you need

- kosher salt & ground pepper
- olive oil

Tools

- medium skillet
- rimmed baking sheet

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 44g, Carbs 42g, Protein 55g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Cut **tomatoes** into 1-inch pieces and transfer to a bowl. Peel **2 large garlic cloves**; finely chop 1 teaspoon, leaving second clove whole. To tomatoes, add **½ teaspoon of the chopped garlic, 2 tablespoons oil, ½ teaspoon salt, and ¼ teaspoon pepper**. Cut **ciabatta** into ½-inch thick slices; brush lightly with **oil**.



4. Make chicken parm

Flip **bread slices** and rub with **reserved whole garlic clove**. Set **chicken**, browned side-up, on top of **tomatoes**. Arrange **cheese** over chicken and tomatoes. Return to center oven rack and bake until chicken is cooked through, cheese is melted and browned in spots, and bread is golden, about 5 minutes.



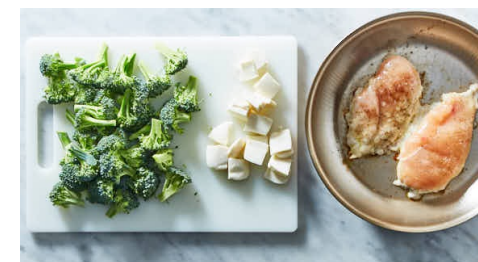
2. Roast tomatoes & bread

Spread **tomatoes and any juices** onto the center of a rimmed baking sheet, forming a 10-inch circle. Arrange **bread slices** around the edges of the baking sheet. Roast together on the center oven rack until tomatoes are broken down and juicy, and bread is lightly toasted, about 10 minutes.



5. Cook broccoli

Meanwhile, heat **1 tablespoon oil** in same skillet over medium-high. Add **broccoli, remaining chopped garlic, 2 tablespoons water, and a pinch of salt**. Cover and cook until crisp-tender, 2-3 minutes. Uncover and cook until water is evaporated and broccoli is browned in spots, 2-3 minutes.



3. Prep broccoli & cheese

Meanwhile, trim stem end from **broccoli** and cut into 1-inch florets. Thinly slice **mozzarella**. Pat **chicken** dry and season with **¼ teaspoon each salt and pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook on one side only until golden, about 4 minutes.



6. Finish & serve

Use a spatula to transfer **chicken Parm** to plates and serve **broccoli** and **garlic bread** alongside. Scoop up **any pan juices** and pour on top. Enjoy!