



Sheet Pan Chicken & Cheesy Broccoli

with Egg Noodles & Dill Gravy



30-40min



2 Servings

This just in: One plate can have it all! We serve roasted chicken breasts with broccoli coated in cheddar and Parmesan. Tender egg noodles soak up a creamy dill gravy, making for a tasty and well-balanced dinner.

What we send

- garlic
- ½ lb broccoli
- 2 oz shredded cheddar-jack blend ¹
- 6 oz egg noodles ^{3,2}
- 12 oz pkg boneless, skinless chicken breasts
- ¾ oz Parmesan ¹
- ¼ oz fresh dill
- 1 pkt chicken broth concentrate

What you need

- kosher salt & ground pepper
- butter ¹
- olive oil
- all-purpose flour ²
- white wine vinegar (or apple cider vinegar)

Tools

- large saucepan
- medium skillet
- rimmed baking sheet

Allergens

Milk (1), Wheat (2), Egg (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 920kcal, Fat 44g, Carbs 72g, Protein 67g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Bring a large saucepan of **salted water** to a boil. Finely chop **1 teaspoon garlic**. Trim stem ends from **broccoli**, then cut crowns into 1-inch florets, if necessary. Coarsely grate **cheddar**, if necessary.



4. Roast broccoli & chicken

Place **broccoli florets** on the other side of baking sheet; toss with **1 tablespoon oil** and season with **salt** and **pepper**. Sprinkle **cheddar** and **Parmesan** over top. Roast on center oven rack until broccoli is tender, cheese is melted, and chicken is cooked through, 5-7 minutes.



2. Cook noodles

Add **noodles** to boiling **salted water**. Cook, stirring occasionally to prevent sticking, until al dente, 5-6 minutes. Drain, return noodles to pot, and toss with **1 tablespoon butter**. Cover to keep warm and set aside until step 6.



5. Make gravy

Finely chop **1 teaspoon dill fronds and stems**. Melt **1 tablespoon butter** in reserved skillet over medium-high heat. Add **chopped garlic**; cook, stirring, until fragrant, 30 seconds. Whisk in **1 tablespoon flour** until smooth. Add **broth concentrate**, **1 cup water**, and **½ teaspoon vinegar**, whisking until slightly thickened, 2-3 minutes. Stir in dill.



3. Sear chicken

Meanwhile, pat **chicken** dry and pound to an even ½-inch thickness, if desired; season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook, without turning, until browned underneath but not cooked through, 2-3 minutes. Transfer to one side of a rimmed baking sheet. Reserve skillet for step 5.



6. Serve

Season **gravy** to taste with **salt** and **pepper**. Serve **chicken** on top of **noodles** with **cheesy broccoli** alongside. Spoon **dill gravy** over top. Enjoy!