

DINNERLY



Keto-Friendly Lemon-Pepper Chicken

with Roasted Broccoli & Garlic Butter



20-30min



2 Servings

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

WHAT WE SEND

- ¼ oz granulated garlic
- 1 lemon
- ½ lb broccoli
- 10 oz pkg boneless, skinless chicken breasts
- 1 pkt turkey broth concentrate

WHAT YOU NEED

- 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 13g, Protein 37g

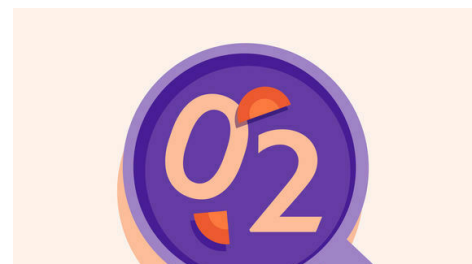


1. Prep ingredients

Preheat oven to 450°F with a rack in the center.

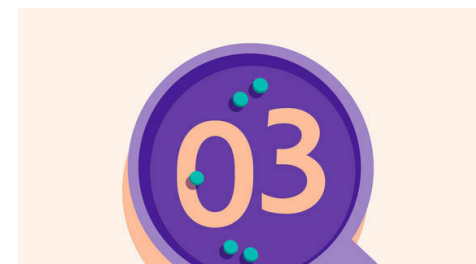
In a small bowl, use a fork to combine a **pinch of granulated garlic** and **1 tablespoon butter**; set aside for step 4.

Finely grate **1½ teaspoons lemon zest** into a separate small bowl, then stir in **½ teaspoon salt** and **several grinds of pepper**; set aside for step 3.



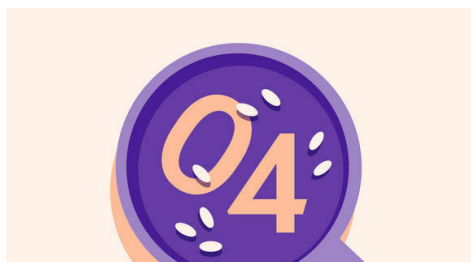
2. Start broccoli

Cut **broccoli** into 1-inch florets, if necessary. On a rimmed baking sheet, toss with **1 tablespoon oil** and season with **salt** and **pepper**. Push broccoli to one side of baking sheet. Roast on center oven rack until barely tender, about 5 minutes.



3. Season chicken

Pat **chicken** dry, then rub **lemon zest mixture** all over. Transfer chicken to open side of baking sheet next to **broccoli**.



4. Roast chicken & broccoli

Roast **chicken and broccoli** on center oven rack until broccoli is tender and browned in spots and chicken is cooked through, 8–10 minutes. Carefully toss broccoli with **half of the garlic butter**.

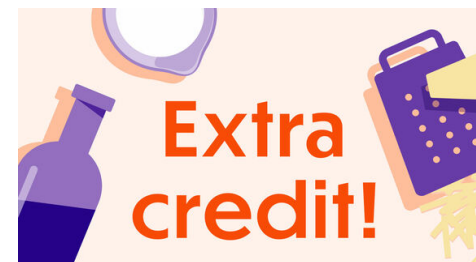
Melt **remaining garlic butter** in same skillet over medium-high.



5. Make pan sauce & serve

Stir **broth concentrate** into same skillet, scraping up any browned bits. Squeeze in **2 teaspoons lemon juice** and whisk in **¾ cup water**; bring to a boil. Cook until reduced, 2–3 minutes. Season to taste with **salt** and **pepper**.

Thinly slice **chicken** and spoon **pan sauce** over top. Serve **roasted broccoli** 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!