

DINNERLY



Creamy Dijon Chicken with Buttery Noodles & Broccoli



30-40min



2 Servings

This is the kind of cozy weeknight dinner that makes you glad you're staying in. Just top off the seasoned chicken breast and slippery, buttery egg noodles with a creamy Dijon mustard sauce (and we threw in some crisp-tender broccoli the kids will happily devour). We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- ¼ oz granulated garlic
- 6 oz egg noodles ^{3,2}
- 10 oz pkg boneless, skinless chicken breast
- 1 (¼ oz) Dijon mustard

WHAT YOU NEED

- kosher salt & ground pepper
- ¾ cup milk ¹
- all-purpose flour ²
- butter ¹
- neutral oil

TOOLS

- large saucepan
- medium skillet

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 810kcal, Fat 35g, Carbs 76g, Protein 53g

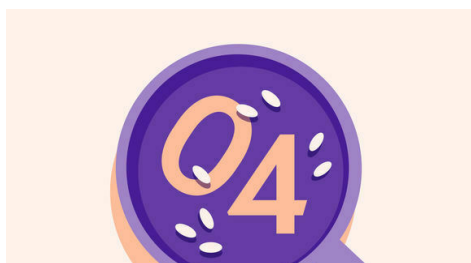


1. Prep veggies & chicken

Bring a large saucepan of **salted water** to a boil. Trim stem end from **broccoli** and cut into 1-inch florets.

In a liquid measuring cup, whisk together **Dijon mustard**, ¼ **teaspoon granulated garlic**, ¾ **cup milk**, and 2 **teaspoons flour**; set aside for step 4.

Pat **chicken** dry and season all over with **salt and pepper**.



4. Cook Dijon sauce

In same skillet over medium-high heat, whisk in **Dijon mixture**, scraping up any browned bits from bottom of skillet. Cook until sauce is slightly thickened and coats back of a spoon, 1–2 minutes. Season to taste with **salt and pepper**.



2. Cook noodles

Add **noodles** to saucepan with boiling **salted water** and cook until al dente, 5–6 minutes. Drain and return to pot off heat. Toss with 2 **tablespoons butter** and season to taste with **salt and pepper**; cover to keep warm until ready to serve.



5. Serve

Slice **chicken**, if desired.

Serve **noodles** and **broccoli** topped with **chicken** and **creamy Dijon sauce** spooned over top. Enjoy!



3. Cook broccoli & chicken

Meanwhile, heat 1 **tablespoon oil** in a medium skillet over medium-high. Add **broccoli**; season with **salt and pepper**. Cook, stirring, until crisp-tender and browned in spots, 3–4 minutes. Transfer to pot with **noodles**.

Heat 1 **tablespoon oil** in same skillet over medium-high. Add **chicken**; cook until browned and cooked through, 3–4 minutes per side. Transfer to a plate.



6. Quick cooking tip!

Want to save a few minutes of cooking time? Instead of sautéing the broccoli in step 3, add it to the boiling water with the noodles a few minutes before they're done.