

# DINNERLY



## Low-Carb Cheesy Bruschetta Chicken with Sun-Dried Tomatoes & Garlic Bread



20-30min



2 Servings

Some people think bruschetta is just a ride on perfectly toasted bread. Well, we don't like to limit ourselves, so we're swapping that vehicle for Italian-spiced chicken covered in a blanket of melted fontina spiked with sun-dried tomatoes. But, don't worry. We're still serving it with some golden garlic bread because, well, carbs are our ride or die. We've got you covered!

## WHAT WE SEND

- 1 oz sun-dried tomatoes <sup>17</sup>
- ½ lb green beans
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz Italian seasoning
- ¼ oz granulated garlic
- 2 oz shredded fontina <sup>7</sup>
- 2 mini French rolls <sup>1</sup>

## WHAT YOU NEED

- kosher salt & ground pepper
- sugar
- balsamic vinegar (or red wine vinegar)
- olive oil

## TOOLS

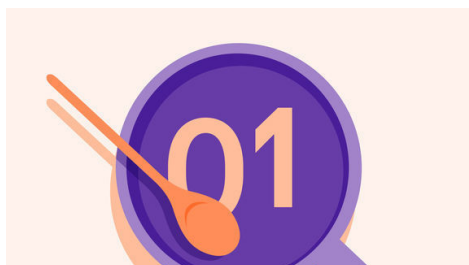
- rimmed baking sheet
- medium skillet

## ALLERGENS

Wheat (1), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

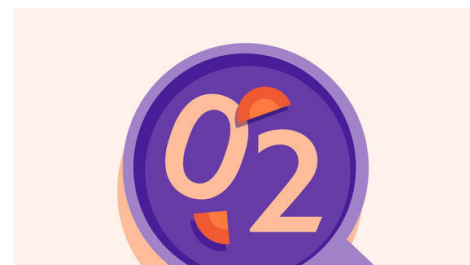
Calories 600kcal, Fat 30g, Carbs 37g, Protein 49g



### 1. Prep ingredients

Roughly chop **sun-dried tomatoes**. Trim stem ends from **green beans**.

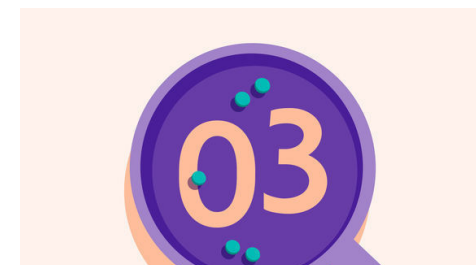
Pat **chicken** dry; season all over with **salt, pepper**, and **2 teaspoons Italian seasoning**.



### 2. Make tomato relish

Preheat broiler with a rack in the top position.

In a small bowl, stir together **sun-dried tomatoes**, **¼ teaspoon granulated garlic**, **½ teaspoon sugar**, **1 teaspoon vinegar**, and **2 teaspoons oil**; season to taste with **salt** and **pepper** and set aside until step 5.



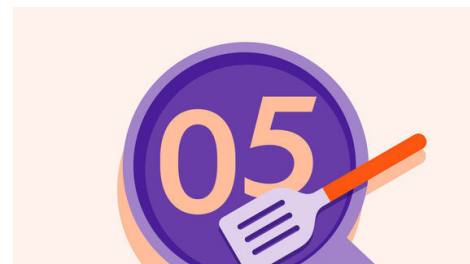
### 3. Broil green beans

On a rimmed baking sheet, toss **green beans** with **2 teaspoons oil**; season generously with **salt** and **pepper**. Broil on top oven rack until tender and lightly charred in spots, 5–7 minutes (watch closely).



### 4. Cook chicken

While **green beans** cook, heat **1 tablespoon oil** in a medium skillet over medium-high. Add **chicken** and cook until well browned on the bottom, 2–3 minutes. Flip chicken, then top with **cheese**. Cover and continue to cook until chicken is cooked through, and cheese is melted, about 2 minutes. Transfer to plates.



### 5. Finish & serve

Split **rolls** in half, then generously brush cut sides with **oil**; season with **½ teaspoon granulated garlic**, **salt**, and **pepper**. Place **rolls**, cut-sides up, directly on top oven rack; broil until lightly toasted, 2–3 minutes (watch closely).

Top **cheesy chicken** with **sun-dried tomato relish**, then serve with **green beans** and **garlic bread** alongside. Enjoy!



### 6. Take it to the next level

Herbs make everything better (well, most things). Add chopped fresh basil and parsley to the sun-dried tomato relish to add a little extra pizzazz.