

# DINNERLY



## Low-Cal Chicken Breast with Dijon Pan Sauce

& Roasted Broccoli



30min



2 Servings

Want to live in the lap of luxury (at least for one meal)? You only need a few things to get you there. Lean chicken breasts and roasted broccoli serve as your hearty base, but the real star of this show is the Dijon mustard pan sauce. Oooh, you fancy. We've got you covered!

### WHAT WE SEND

- ½ lb broccoli
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz granulated garlic
- 1 (¼ oz) Dijon mustard

### WHAT YOU NEED

- red wine vinegar (or white wine vinegar)
- sugar
- kosher salt & ground pepper
- neutral oil
- butter <sup>7</sup>

### TOOLS

- 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 370kcal, Fat 22g, Carbs 12g, Protein 37g

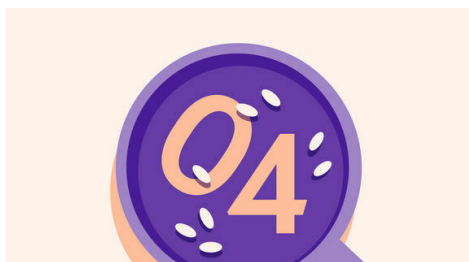


#### 1. Prep veggies & sauce

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

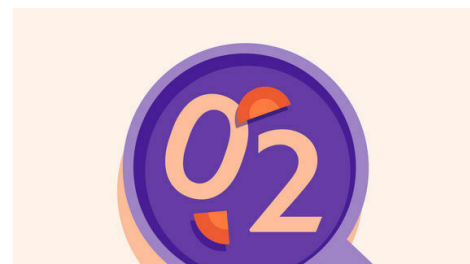
Cut **broccoli** into 1-inch florets, if necessary.

In a small bowl, stir to combine **Dijon mustard**, ¼ cup **water**, 1 **tablespoon vinegar**, ½ **teaspoon sugar**, and a **pinch of salt**; reserve for step 4.



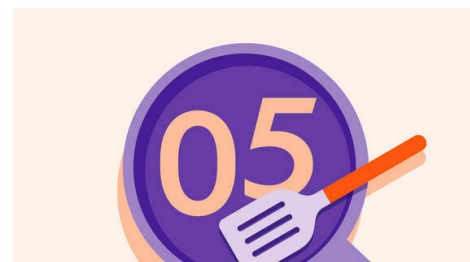
#### 4. Prepare pan sauce

Bring **sauce** to a simmer over medium-high heat. Cook, scraping up any browned bits from skillet, until slightly thickened, 1–2 minutes. Remove from heat; swirl in 1 **tablespoon butter** until melted. Season to taste with **salt** and **pepper**. Thinly slice **chicken**, if desired.



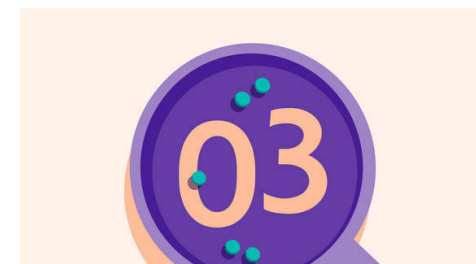
#### 2. Roast broccoli

On a rimmed baking sheet, toss **broccoli** with 1 **tablespoon oil** and a **pinch each of salt and pepper**. Roast on upper oven rack until golden-brown and tender, about 12 minutes.



#### 5. Finish & serve

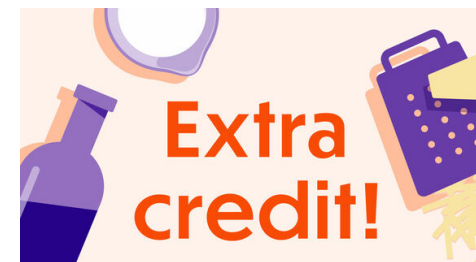
Serve **chicken** and **roasted broccoli** with **Dijon pan sauce** spooned over top. Enjoy!



#### 3. Sear chicken

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

Add 1 **tablespoon oil** to a medium skillet over medium-high heat. Add chicken and cook until well browned and cooked through, 3–4 minutes per side. Transfer to a cutting board to rest. Immediately add **reserved mustard sauce** and ½ **teaspoon granulated garlic** to skillet.



#### 6. Check us out!

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