



Crispy Parmesan Chicken

with Roasted Broccoli



30-40min



2 Servings

We take boneless chicken breasts to the next level thanks to a savory panko-Parmesan topping that gets golden and crispy under the broiler. We serve the chicken with roasted broccoli and a creamy, lemony sauce to bring it all together.

What we send

- 1 lemon
- 1 yellow onion
- 12 oz pkg boneless, skinless chicken breasts
- 2 (¾ oz) Parmesan ⁷
- ½ lb broccoli
- 1 pkt chicken broth concentrate
- 3 (1 oz) sour cream ⁷
- 1 oz panko ¹

What you need

- olive oil
- kosher salt & ground pepper
- butter ⁷

Tools

- microplane or grater
- rimmed baking sheet
- medium ovenproof skillet

Allergens

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

Nutrition per serving

Calories 690kcal, Fat 41g, Carbs 30g, Protein 53g



1. Prep ingredients

Preheat oven to 400°F with racks in the upper and lower thirds. Finely grate **all of the lemon zest**. Halve and finely chop **¼ cup onion** (save rest for own use).

Pat **chicken** dry and pound to an even ½-inch thickness, if desired. Finely grate **Parmesan**.



2. Roast broccoli

Cut **broccoli** into 1-inch florets, if necessary. On a rimmed baking sheet, massage broccoli with **2 tablespoons oil** and season with **salt** and **pepper**. Roast on lower oven rack until well browned and crisp-tender, 10-12 minutes (watch closely as ovens vary).



3. Sear chicken

Meanwhile, season **chicken** all over with **salt** and **pepper**. Heat **1 tablespoon each of butter and oil** in a medium ovenproof skillet over medium-high. When **butter foam** subsides, add chicken and sear until golden brown on one side, 3-4 minutes (chicken will not be cooked through). Transfer chicken to a plate.



4. Make sauce

Immediately add **chopped onions** to same skillet and cook, scraping up any browned bits, until softened and browned, 1-2 minutes.

Add **chicken broth concentrate**, **lemon zest**, and **¼ cup water**. Bring to a simmer. Remove skillet from heat, then stir in **all of the sour cream**.



5. Bake chicken

Carefully pour **any resting chicken juices** from plate into skillet, whisking to combine. Place **chicken** in skillet, browned side up.

Sprinkle chicken (not sauce) with **¼ cup panko**, then top with **Parmesan**. Drizzle topping generously with **oil**. Bake on upper oven rack until sauce is bubbling and chicken is cooked through, about 8 minutes (watch closely). Switch oven to broil.



6. Broil chicken & serve

Broil **chicken** until topping is golden and crisp, 2-3 minutes (watch closely). Reheat **broccoli** on lower oven rack, if desired. Transfer **chicken** to plates. Squeeze **1 teaspoon lemon juice** into sauce; stir to combine. Cut any **remaining lemon** into wedges.

Spoon **sauce** onto plates alongside **chicken**. Serve with **broccoli** and **lemon wedges** for squeezing over top. Enjoy!