

DINNERLY



Everything Bagel-Spiced Chicken with Scallion Cream Cheese Mash & Broccoli



20-30min



2 Servings

Much like the coveted seasoning, this chicken dinner is EVERYTHING. This rub is a mish-mash of all our favorite bagel spices, including poppy and sesame seeds, dried garlic, dried onion, and salt. It takes pan-roasted chicken from drab to fab with a toasty savory kick. We've got you covered!

WHAT WE SEND

- 1 russet potato
- 2 scallions
- 1 oz cream cheese ⁷
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz everything bagel spice blend ¹¹
- ½ lb broccoli

WHAT YOU NEED

- kosher salt & ground pepper
- butter ⁷
- garlic
- neutral oil

TOOLS

- small saucepan
- potato masher or fork
- medium skillet

ALLERGENS

Milk (7), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

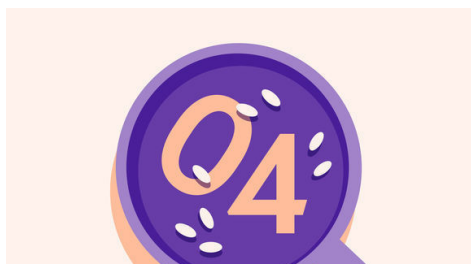
NUTRITION PER SERVING

Calories 650kcal, Fat 37g, Carbs 50g, Protein 35g



1. Cook potatoes

Peel **potatoes** and cut into 1-inch pieces. Place in a small saucepan with enough **salted water** to cover by 1 inch. Cover and bring to a boil over high heat. Uncover and cook until easily pierced with a fork, 8–10 minutes. Reserve ¼ **cup cooking water**, then drain potatoes and return to saucepan off heat.



4. Cook broccoli

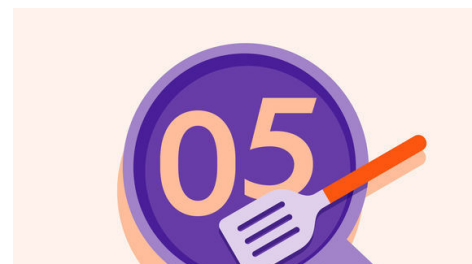
Heat 1 **tablespoon oil** in a medium skillet over medium–high. Add **broccoli**; season with **salt** and **pepper**. Cook until bright green and crisp–tender, 3–4 minutes.

Off heat, add **chopped garlic**, 1 **tablespoon butter**, and 1 **teaspoon water**, stirring until butter is melted. Transfer to a bowl and cover to keep warm. Wipe out skillet.



2. Mash potatoes

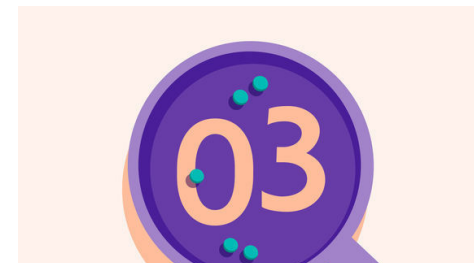
Meanwhile, trim **scallions**, then thinly slice. Return **potatoes** to medium heat, then add **cream cheese**, **scallions**, **reserved cooking water**, and 2 **tablespoons butter**. Use a potato masher or fork to mash until smooth. Season to taste with **salt** and **pepper**. Cover to keep warm off heat until ready to serve.



5. Cook chicken & serve

Heat 1 **tablespoon oil** in same skillet over medium–high. Add **chicken**, seasoned side down, and cook until lightly browned on the bottom, 2–3 minutes. Flip and cook until cooked through, about 3 minutes.

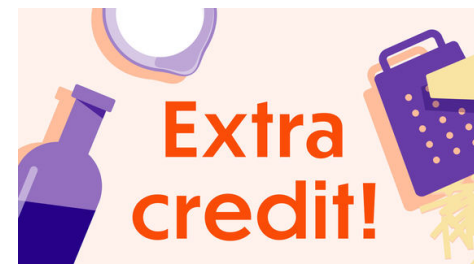
Serve **everything bagel spiced–chicken** with **scallion cream cheese mashed potatoes** and **broccoli** alongside. Enjoy!



3. Prep ingredients

Pat **chicken** dry, then pound to an even ½-inch thickness, if necessary. Season all over with **salt** and **pepper**, then sprinkle one side of each breast with a total of 1 **tablespoon everything bagel seasoning**; set aside until step 5.

Finely chop 1 **teaspoon garlic**. Cut **broccoli** into 1-inch florets, if necessary.



6. Make a pan sauce!

Throw some butter, shallot, lemon juice, and a splash of water in the skillet after cooking the chicken. Cook, stirring occasionally, until slightly thickened. Serve chicken with pan sauce drizzled over top for a creamy finish.