

DINNERLY



Chicken-Broccoli Quesadilla with Cheddar



20-30min



2 Servings

Quesadillas are a guaranteed crowd pleaser, which works out because they're also one of our favorite go-to's for time-crunched weeknight meals! We've loaded these flour tortillas with lean ground chicken, melty cheese, sautéed onion, and chopped broccoli for a shot of veggie goodness. We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- 1 red onion
- 10 oz pkg ground chicken
- 2 oz shredded cheddar-jack blend ¹
- 2 (10-inch) flour tortillas ^{2,3}

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

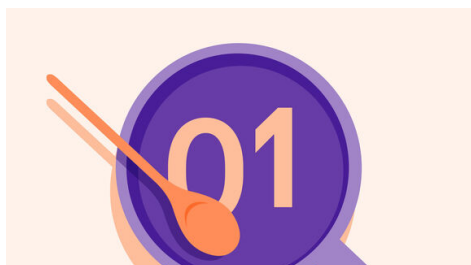
- large skillet
- rimmed baking sheet

ALLERGENS

Milk (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

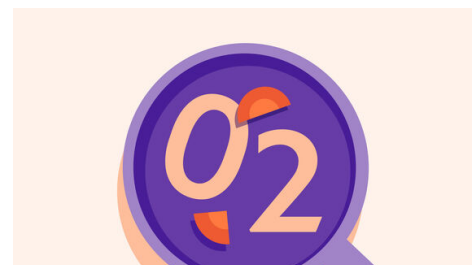
Calories 760kcal, Fat 46g, Carbs 44g, Protein 47g



1. Prep ingredients

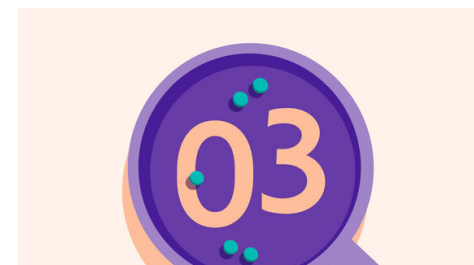
Finely chop **broccoli florets**.

Halve **onion** lengthwise and thinly slice 1 **cup** (save rest for own use, if any).



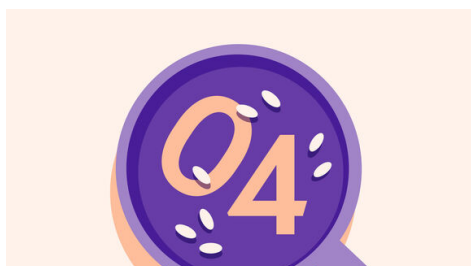
2. CHICKEN VARIATION

Heat **2 tablespoons oil** in a large skillet over medium-high. Add **ground chicken**, **½ teaspoon salt**, and **a few grinds of pepper**; cook, breaking up into smaller pieces, until cooked through, about 3-5 minutes. Transfer to a medium bowl with a slotted spoon.



3. Cook broccoli

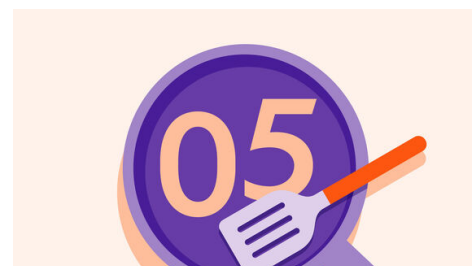
To same skillet, add **broccoli**, **sliced onion**, **½ cup water**, **2 tablespoons oil**, **1 teaspoon salt**, and **a few grinds of pepper**. Cook, stirring occasionally, until crisp-tender, about 6 minutes. Transfer to bowl with **chicken**.



4. Make filling

Preheat broiler with a rack in the top position.

To bowl with **chicken-broccoli filling**, stir in **cheese** until combined.



5. Broil quesadillas

Brush one side of **tortillas** lightly with **oil**. Place **oiled-side** down on a work surface. Divide **filling** evenly between one half of each tortilla. Fold over to close. Arrange on a rimmed baking sheet; broil until golden-brown on both sides, 2–3 minutes total, flipping halfway through (watch closely).

Cut **chicken-broccoli quesadillas** into wedges, if desired, and serve. Enjoy!



6. Did you know?

In 2020, as a part of our carbon offsetting efforts, we completed an afforestation project in Uruguay, which planted 44,000 new trees to help fight climate change.