

# DINNERLY



## Seared Chicken with Roasted Mushrooms & Kale & Creamy Polenta



30-40min



2 Servings

Onions, meaty cremini mushrooms, and kale all roast together in the oven while creamy polenta is prepared. The roasted veggies get tossed in vinegar while they're still hot to sponge up the bright flavor. And don't forget about the lean chicken breast, nutty Parmesan cheese, and black pepper. Nutritious? check. Decadent? check. We've got you covered!

## WHAT WE SEND

- ½ lb mushrooms
- 1 red onion
- 1 bunch curly kale
- ¾ oz Parmesan <sup>7</sup>
- ¼ oz granulated garlic
- 3 oz quick-cooking polenta
- 1 oz cream cheese <sup>7</sup>
- 10 oz pkg boneless, skinless chicken breast

## WHAT YOU NEED

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

## TOOLS

- microplane or grater
- rimmed baking sheet
- small saucepan

## ALLERGENS

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

## NUTRITION PER SERVING

Calories 660kcal, Fat 28g, Carbs 51g, Protein 50g



### 1. Prep ingredients

Preheat oven to 450°F with a rack in the center position.

Trim stem ends from **mushrooms** and halve caps (quarter, if large). Halve **onion** and thinly slice. Strip **kale leaves** from stems and tear into bite-sized pieces.

Finely grate **Parmesan**, if necessary.



### 2. Roast mushroom & onion

On a rimmed baking sheet, toss **mushrooms** and **onion** with **1 tablespoon oil**, **½ teaspoon granulated garlic**, **½ teaspoon salt**, and **a few grinds of pepper**. Roast on center oven rack until veggies begin to soften, 10–15 minutes.



### 3. Add kale

While **veggies** roast, in a large bowl, toss **kale** with **2 tablespoons water**, **1½ tablespoons oil**, **¼ teaspoon salt**, and **a few grinds of pepper**. Scatter kale and liquid from bowl over **mushrooms** and **onions**; continue to roast until kale has wilted and vegetables are tender, 5–10 minutes.



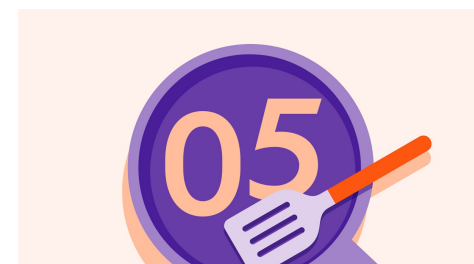
### 4. Make polenta

In a small saucepan, bring **2½ cups water** to a boil over high heat. Slowly whisk in **polenta** and **1 teaspoon salt**; cook over low, stirring occasionally, until grains are tender and polenta is thickened, 6–8 minutes. Stir in **cream cheese** and **half of the Parmesan**; season to taste with **salt** and **pepper**.



### 5. Cook chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until golden brown and cooked through, 3–4 minutes per side. Transfer to a cutting board to rest, 5 minutes.



### 6. Finish & serve

Remove **veggies** from oven and toss with **1 teaspoon vinegar**; season to taste with **salt** and **pepper**.

Serve **polenta** topped with **roasted veggies** and **chicken**. Drizzle with **oil** and top with **remaining Parmesan** and **a few grinds of pepper**. Enjoy!