

DINNERLY



Speedy Recipe! Low-Carb Chicken Parmesan

with Garlic Bread & Roasted Broccoli



20-30min



2 Servings

Level up your dinner menu with this PremiYUM recipe! An entire chicken Parm dinner finished in just 4 steps? No, you're not dreaming. This saucy chicken topped with fontina cheese only needs a few minutes in a skillet before we broil it all together. Meanwhile, toasty garlic bread and broccoli are roasting in the oven until the smell wafting through your kitchen becomes irresistible. We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- ¼ oz granulated garlic
- 2 mini French rolls ¹
- 10 oz pkg boneless, skinless chicken breast
- 8 oz marinara sauce
- 2 oz shredded fontina ⁷

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- 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 710kcal, Fat 38g, Carbs 38g, Protein 48g

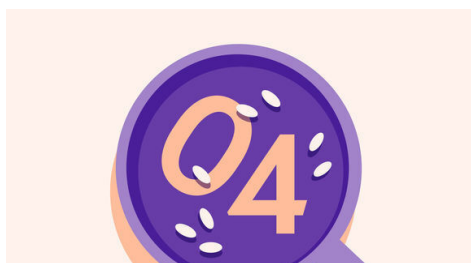


1. Prep ingredients

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 together **2 tablespoons oil** and **¼ teaspoon granulated garlic**. Split **rolls**; brush or spoon **garlic oil** on cut sides.



4. Finish & serve

Top **chicken** with **fontina**. Broil on upper oven rack until cheese is melted and golden-brown in spots and **sauce** is bubbling, about 3 minutes (watch closely as broilers vary). Cut **garlic bread** into slices.

Serve **chicken Parm** with **roasted broccoli**, **garlic bread**, and **remaining sauce** for dipping. Enjoy!



2. Roast broccoli & bread

Toss **broccoli** with **2 tablespoons oil** on a rimmed baking sheet; generously season with **salt** and **pepper**.

Roast on upper oven rack until tender and crisp in spots, about 10 minutes. Add **bread** to same baking sheet halfway through cooking time until lightly toasted (watch closely as it can burn easily).

Remove from oven; wrap bread in foil to keep warm. Switch oven to broil.



5. ...

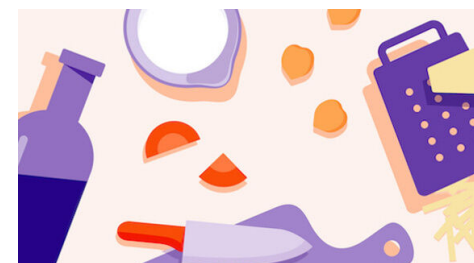
What were you expecting, more steps?



3. Cook chicken

Meanwhile, pat **chicken** dry. Pound to an even ½-inch thickness, if desired; season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in medium ovenproof skillet over medium-high. Add chicken and cook until golden brown and just cooked through, 3–4 minutes per side. Remove from heat, then pour **marinara sauce** over chicken in skillet.



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!