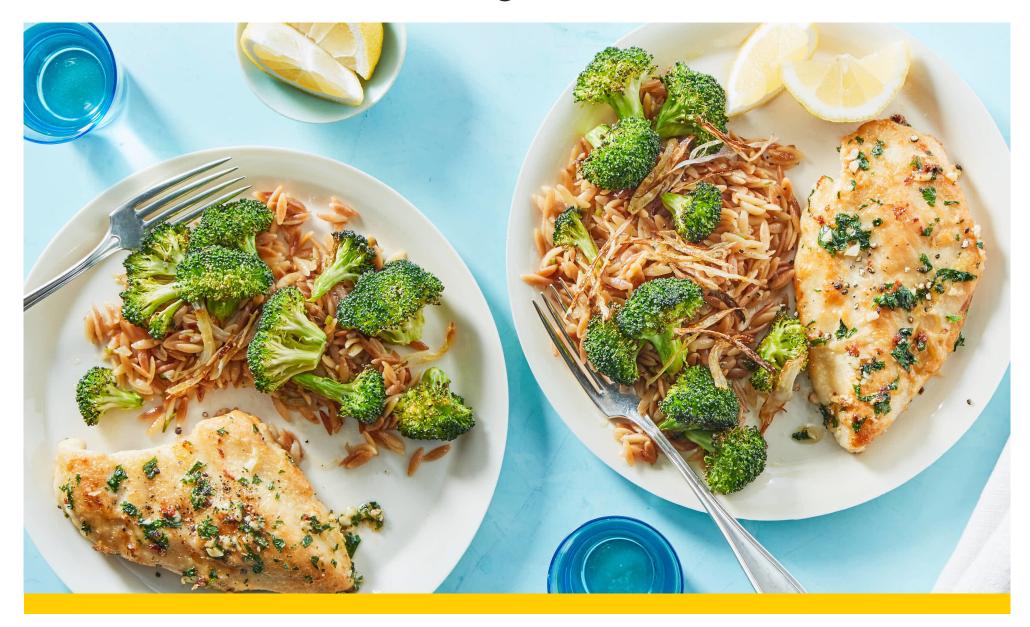
# MARLEY SPOON



# **Garlic Knot Chicken**

with Orzo & Broccoli





Attention, garlic lovers! This one's for you. Garlic knots are one of our most favorite snacks-it's hard to beat garlicky, buttery, parsley-covered scraps of pizza dough. Marrying those flavors with tender chicken creates an irresistible main course. Orzo becomes creamy when cooked rice pilaf-style, as it is on the side here, where it's joined by another of our favorites, roasted broccoli.

#### What we send

- ½ lb broccoli
- 1 shallot
- ¼ oz fresh parsley
- 1 lemon
- 3 oz orzo <sup>2</sup>
- 12 oz pkg boneless, skinless chicken breasts
- garlic

## What you need

- · olive oil
- kosher salt & ground pepper
- ¼ c all-purpose flour <sup>2</sup>
- butter 1

#### **Tools**

- rimmed baking sheet
- small saucepan
- meat mallet (or heavy skillet)
- · medium skillet

#### **Allergens**

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

#### **Nutrition per serving**

Calories 740kcal, Fat 35g, Carbs 60g, Protein 51g



### 1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Cut **broccoli** into 1-inch florets, if necessary. Halve and thinly slice **shallot** lengthwise; finely chop 2 tablespoons of the sliced shallot.

Finely chop **parsley leaves and stems**, keeping them separate. Finely chop **1 large garlic clove**. Cut **half of the lemon** into wedges (save rest for own use).



#### 2. Roast broccoli & shallots

On a rimmed baking sheet, toss **broccoli** and **sliced shallot** with **1½ tablespoons oil** and **a pinch each of salt and pepper**. Roast on center oven rack until tender and charred in spots, stirring once, 15-20 minutes (watch closely as ovens vary).



#### 3. Toast orzo

Meanwhile, heat ½ tablespoon oil in a small saucepan over medium-high. Add chopped shallots and cook, stirring, until golden, 1–2 minutes.

Add **orzo** and cook, stirring, until deep golden brown, 2-3 minutes.



4. Cook pilaf

To saucepan with **orzo**, add **parsley stems**, **1**½ **cups water**, and ½ **teaspoon salt**; bring to a boil. Reduce heat to low; simmer, covered, stirring occasionally, until orzo is tender and liquid is evaporated, 12-15 minutes.

(Add additional water, a few tablespoons at a time, and cook for another few minutes, if necessary.) Season to taste with **salt** and **pepper**.



5. Cook chicken

Add 1/4 cup flour to a shallow dish; season with salt and pepper. Pat chicken dry; pound to an even 1/2-inch thickness with a meat mallet (or heavy skillet); season all over with salt and pepper. Coat chicken in flour, shaking off excess. Heat 2 tablespoons oil in a medium skillet over medium-high. Add chicken; cook until cooked through and golden, 3-4 minutes per side.



6. Finish & serve

Transfer **chicken** to a cutting board. Pour off **any oil** from skillet. Return skillet to medium heat; add **chopped parsley leaves, garlic,** and **2 tablespoons butter**, swirling to melt. Add chicken back to skillet, turning to coat, about 1 minute.

Serve buttery garlic chicken with orzo pilaf and roasted broccoli alongside.
Pass lemon wedges for squeezing.
Enjoy!