

# DINNERLY



## Keto-Friendly Smoky Chicken with Broccoli & Ranch Cream Sauce



20-30min



2 Servings

Who said you have to go all the way to a restaurant for a delicious, well-seasoned dinner? Doing it at home is easy peasy, lemon squeezy (like, ready in half an hour easy). With a side of charred broccoli and a tangy ranch sauce, you've got yourself a keto-friendly weeknight staple. We've got you covered!

### WHAT WE SEND

- ½ lb broccoli
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz smoked paprika
- 1½ oz ranch dressing <sup>3,7</sup>

### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil

### TOOLS

- rimmed baking sheet
- medium skillet

### ALLERGENS

Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

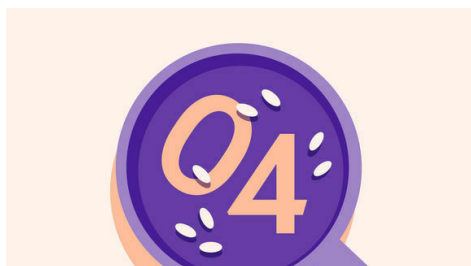
Calories 420kcal, Fat 27g, Carbs 11g, Protein 37g



#### 1. Broil broccoli

Preheat broiler with a rack in the top position.

Cut **broccoli** into 1-inch florets, if necessary. Toss with **2 tablespoons oil** on a rimmed baking sheet. Season with **a pinch each of salt and pepper**. Broil on upper oven rack until charred and tender, flipping halfway through cooking time, 7–9 minutes (watch carefully as broilers vary).



#### 4. Finish & serve

Slice **chicken**, if desired.

Serve **smoky paprika chicken** with **broccoli** alongside and **ranch** drizzled over top. Enjoy!



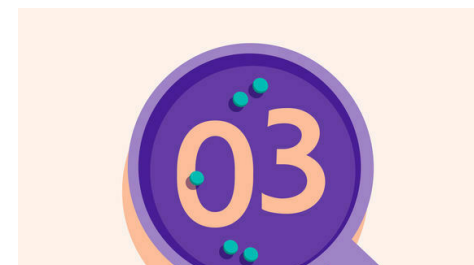
#### 2. Prep chicken

While **broccoli** cooks, pat **chicken** dry and season each chicken breast all over with **½ teaspoon smoked paprika** (or more depending on heat preference).



#### 5. ...

What were you expecting, more steps?



#### 3. Sear chicken

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. ...

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