



## Lemon & Herb Pan-Seared Chicken

with Broccoli & Pasta



20-30min



2 Servings

For us, lemony herb chicken is a classic that will never get old—it's hard to beat the flavors of fresh garlic, parsley, and lemon, especially when lean chicken breast strips are added to the mix. We roast broccoli and toss it with nutty Parmesan for a crisp and hearty side.



## What we send

- 6 oz pasta <sup>1</sup>
- garlic
- 1 lemon
- ½ lb broccoli
- ¼ oz fresh parsley
- ¾ oz Parmesan <sup>7</sup>
- 10 oz pkg chicken breast strips
- 1 pkt vegetable broth concentrate

## What you need

- kosher salt & ground pepper
- olive oil
- butter <sup>7</sup>

## Tools

- medium pot
- microplane or grater
- medium 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 760kcal, Fat 32g, Carbs 71g, Protein 50g



### 1. Cook pasta

Bring a medium pot of **salted water** to a boil. Add **pasta** and cook, stirring occasionally, until just barely al dente, 8-11 minutes.

Reserve **1 cup cooking water**, then drain pasta and set aside until step 5.



### 4. Cook chicken

Pat **chicken** dry, then season all over with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more. Transfer to a plate and set aside until step 6.



### 2. Prep ingredients

Meanwhile, finely chop **1½ teaspoons garlic**. Finely grate **1 teaspoon lemon zest** and squeeze **1 tablespoon juice** into a small bowl.

Cut **broccoli** into 1-inch florets, if necessary. Pick and coarsely chop **parsley leaves**, discarding stems.

Finely grate **Parmesan**.



### 5. Make lemon-herb sauce

Heat **2 tablespoons butter** in same skillet over medium-high. Add **remaining chopped garlic**; cook, stirring, until fragrant, 30 seconds. Add **broth concentrate, lemon zest and juice, ¾ cup of the reserved cooking water**, and **pepper**; bring to a boil. Add **pasta**; cook, stirring, until sauce thickens slightly, 2-3 minutes. Add more cooking water, 1 tablespoon at a time, if too dry.



### 3. Cook broccoli

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **broccoli** and season with **salt** and **pepper**; cook, stirring, until browned in spots, about 2 minutes. Add **¼ cup water** and **¾ teaspoon of the chopped garlic**. Cook until water is evaporated and broccoli is tender, about 2 minutes. Transfer to a bowl; stir in **3 tablespoons of the Parmesan**. Cover to keep warm.



### 6. Finish & serve

Return **chicken** to skillet with **pasta**, stirring to combine; cook over medium-high until warmed through, about 1 minute. Stir in **half of the parsley**. Season to taste with **salt** and **pepper**. Spoon **pasta and chicken** onto plates and top with **remaining parsley**; serve **broccoli** alongside, and pass **remaining Parmesan** at the table, for sprinkling. Enjoy!