

DINNERLY



Low-Carb Creamy Italian Grilled Chicken with Charred Broccoli & Onions



20-30min



2 Servings

Back in the day when we were just kids, our parents knew that if they loaded a salad with creamy Italian dressing that we were 150% more likely to eat it. These days, we're not kids, but our love for those those creamy Italian flavors has never quit. So, now that we're calling the shots, why limit it to just salads? Drape it over chicken and veggies too! We've got you covered!

WHAT WE SEND

- 1 yellow onion
- ½ lb broccoli
- 1 oz sour cream¹
- ¼ oz granulated garlic
- ¼ oz Italian seasoning
- 10 oz pkg boneless, skinless chicken breast

WHAT YOU NEED

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

TOOLS

- grill or grill pan
- meat mallet (or heavy skillet)

ALLERGENS

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

NUTRITION PER SERVING

Calories 380kcal, Fat 19g, Carbs 18g, Protein 38g



1. Prep onion & broccoli

Slice **onion** into ¼-inch thick rings, keeping the rings intact. Cut **broccoli** into 1-inch florets, if necessary.

In a medium bowl, toss broccoli with 1 **tablespoon each of oil and water**, ¼ **teaspoon salt**, and **a few grinds of pepper**. Brush onion rings lightly with oil.



2. Make dressing

Heat a grill to high, if using (see step 6!).

In a medium bowl, stir to combine **sour cream**, **a pinch of granulated garlic**, **1 teaspoon each of vinegar and Italian seasoning**, **1 tablespoon each of oil and water**, ¼ **teaspoon salt**, and **a few grinds of pepper**; set aside until step 5.



3. Grill veggies

Heat a grill pan to high, if using. Place **broccoli** on grill or grill pan and grill until charred in spots, 2–3 minutes. Push broccoli to one side and add **onions**; cover and cook, about 2 minutes. Flip, then cover and cook until tender and slightly charred, 2–3 minutes. Transfer veggies to a plate; cover to keep warm until ready to serve.



4. Grill chicken

While **veggies** grill, pat **chicken** dry. Using a meat mallet or heavy skillet, pound to an even ¼-inch thickness; season all over with ½ **teaspoon salt** and **a few grinds of pepper**. Grill chicken, reducing heat to medium-high, until lightly charred and cooked through, 2–3 minutes per side.



5. Finish & serve

Drizzle **broccoli** and **onions** lightly with oil.

Serve **grilled chicken** with **some of the Italian dressing** drizzled otop and **charred broccoli and onions** alongside. Serve **remaining dressing** on the side for dipping. Enjoy!



6. No grill, no problem!

Use a skillet! Heat 1 tablespoon oil in a medium skillet over medium-high. Add onions, broccoli, and 1 tablespoon of water. Cover and cook until tender, 2–3 minutes. Transfer to a plate, covering to keep warm. Add 1 tablespoon of oil to the same skillet, and cook chicken until browned and cooked through, flipping once, 2–3 minutes.