

DINNERLY



Chicken Parmesan & Spaghetti Marinara with Roasted Broccoli



40-50min



2 Servings

Even the best red sauce Italian joint in town can't beat a homemade chicken parm and pasta combo. We're talking breaded baked chicken breasts topped with marinara and gooey mozzarella served with tender pasta topped with Parmesan and parsely. And because we gladly eat our veggies, another side of roasted broccoli completes the meal. We've got **230** you covered!

WHAT WE SEND

- 1 oz panko ²
- ½ lb broccoli
- ¾ oz Parmesan ³
- 10 oz pkg boneless, skinless chicken breast
- 3¾ oz mozzarella ³
- ¼ oz fresh parsley
- 2 (8 oz) marinara sauce
- 6 oz spaghetti ²

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- 1 large egg ¹
- ½ cup all-purpose flour ²
- butter (optional) ³

TOOLS

- rimmed baking sheet
- microplane or grater
- large skillet

ALLERGENS

Egg (1), Wheat (2), Milk (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 1190kcal, Fat 50g, Carbs 119g, Protein 71g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. On a rimmed baking sheet, toss **panko** with **1 tablespoon oil**. Bake, stirring occasionally, until light golden brown, 3–5 minutes. Let cool; transfer to a shallow dish.

Cut **broccoli** into florets, if necessary. Toss on same baking sheet with **1 tablespoon oil**; season with **salt** and **pepper**. Push to edges of sheet.



2. Prep chicken

Finely grate **Parmesan**, if necessary; mix half into **panko**. Beat **1 large egg** and **1 tablespoon water** in a 2nd shallow dish. In a 3rd shallow dish, place **½ cup flour**.

Pat **chicken** dry; season with **salt** and **pepper**. Lightly coat in flour, then dip into egg; let excess drip into bowl. Add to panko, firmly pressing to adhere. Place chicken in center of sheet with **broccoli**.



3. Bake chicken & broccoli

Bake **chicken and broccoli** on center rack until broccoli is browned and tender and chicken is golden-brown and registers 160°F, 10–13 minutes.

Meanwhile, thinly slice **mozzarella** into rounds. Pick **parsley leaves** from stems and finely chop; discard stems. Set aside **¼ cup marinara sauce** for step 5.



4. Cook pasta

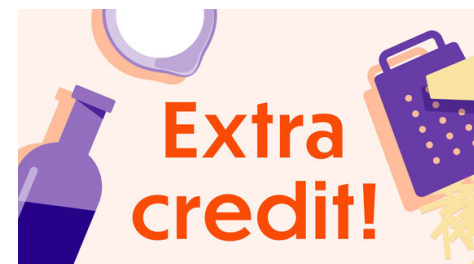
In a large skillet, add **pasta**, **remaining marinara**, **1 tablespoon oil**, **1 teaspoon salt**, and **2¼ cups water**. Bring to a boil over high. Cook, frequently stirring, until pasta is al dente and liquid has mostly evaporated, 8–10 minutes (if liquid evaporates too soon, add ¼ cup water). Off heat, stir in **remaining Parmesan**, **parsley**, and **1 tablespoon butter** (optional). Season to taste.



5. Finish chicken & serve

Transfer **broccoli** to a plate. Spread **2 tablespoons reserved marinara** on each **chicken breast**; shingle **mozzarella** over top. Bake on center oven rack until cheese is melted, about 5 minutes.

Serve **chicken parmesan** with **pasta** and **broccoli**. Enjoy!



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