

DINNERLY



Low-Carb Cheesy Bruschetta Chicken with Sun-Dried Tomatoes & Broccoli



20-30min



2 Servings

Some people think bruschetta is just a ride on perfectly toasted bread. Well, we don't like to limit ourselves, so we're swapping that vehicle for Italian-spiced chicken covered in a blanket of melted fontina spiked with sun-dried tomatoes. But, don't worry. We're still serving it with some golden garlic bread because, well, carbs are our ride or die. We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- 10 oz pkg boneless, skinless chicken breast
- ¼ oz Italian seasoning
- ¼ oz granulated garlic
- 2 oz shredded fontina ¹
- 2 mini French rolls ²
- 2 oz sun-dried tomatoes

WHAT YOU NEED

- kosher salt & ground pepper
- sugar
- balsamic vinegar (or red wine vinegar)
- olive oil

TOOLS

- rimmed baking sheet
- 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 570kcal, Fat 30g, Carbs 36g, Protein 48g



1. Prep ingredients

Roughly chop **sun-dried tomatoes**. Cut **broccoli** into 1-inch florets if needed.

Pat **chicken** dry; season all over with **salt**, **pepper**, and 2 **teaspoons Italian seasoning**.



2. Make tomato relish

Preheat broiler with a rack in the top position.

In a small bowl, stir together **sun-dried tomatoes**, ¼ **teaspoon granulated garlic**, ½ **teaspoon sugar**, 1 **teaspoon vinegar**, and 2 **teaspoons oil**; season to taste with **salt** and **pepper** and set aside until step 5.



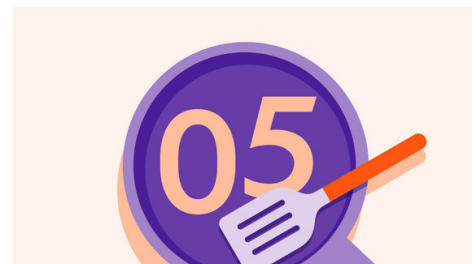
3. BROCCOLI VARIATION

On a rimmed baking sheet, toss **broccoli** with 2 **teaspoons oil**; season generously with **salt** and **pepper**. Broil on top oven rack until tender and lightly charred in spots, 5–7 minutes (watch closely).



4. Cook chicken

While **broccoli** cooks, heat 1 **tablespoon oil** in a medium skillet over medium-high. Add **chicken** and cook until well browned on the bottom, 3–4 minutes. Flip chicken, then top with **cheese**. Cover and continue to cook until chicken is cooked through, and cheese is melted, about 3 minutes. Transfer to plates.



5. Finish & serve

Split **rolls** in half, then generously brush cut sides with **oil**; season with ¼ **teaspoon granulated garlic**, **salt**, and **pepper**. Place **rolls**, cut-sides up, directly on top oven rack; broil until lightly toasted, 2–3 minutes (watch closely).

Top **cheesy chicken** with **sun-dried tomato relish**, then serve with **broccoli** and **garlic bread** alongside. Enjoy!



6. Take it to the next level

Herbs make everything better (well, most things). Add chopped fresh basil and parsley to the sun-dried tomato relish to add a little extra pizzazz.