



## Parmesan & Herb Chicken

with Broccoli-Farro Salad



30-40min



2 Servings

Slathering a chicken breast in herbs and Parmesan cheese is the start of something magical. And that's exactly what we do with this dish. The chicken roasts in the oven to juicy perfection, then served with an addictive side dish of farro-broccoli salad. Filled with whole-grain and veggie goodness, but also such a pleasure to eat, that even the pickiest of eaters will gladly tuck in.



## What we send

- 4 oz farro <sup>1</sup>
- 12 oz pkg boneless, skinless chicken breasts
- ½ lb broccoli
- 1 lemon
- ¾ oz Parmesan <sup>7</sup>
- ¼ oz Tuscan spice blend
- garlic

## What you need

- kosher salt & ground pepper
- olive oil
- sugar

## Tools

- medium saucepan
- microplane or grater
- rimmed baking sheet

## Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 790kcal, Fat 42g, Carbs 52g, Protein 55g



### 1. Cook farro

Preheat oven to 425°F with a rack in the center.

Bring a medium saucepan of **salted water** to a boil. Add **farro** and cook until tender, 18-20 minutes. Drain well; cover to keep warm off heat until ready to serve.



### 4. Roast chicken & broccoli

Roast **chicken and broccoli** on center oven rack until chicken reaches 165°F internally and broccoli is crisp-tender, about 15-18 minutes.

Transfer chicken to a cutting board to rest, at least 5 minutes. Reserve **roasted lemon wedge** for step 6.



### 2. Prep chicken

Pat **chicken** dry.

Cut **broccoli** into ¾-inch florets, if necessary. Quarter **lemon**.

Finely grate **Parmesan**.



### 3. Season chicken & broccoli

In a small bowl, combine **3 tablespoons of the Parmesan**, **2½ teaspoons Tuscan spice**, **2 tablespoons oil**, and **a few grinds of pepper**. Rub all over **chicken**.

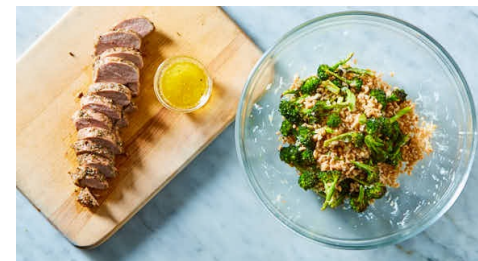
Place on one side of a rimmed baking sheet with **1 lemon wedge**. Add **broccoli** to open half of sheet; toss with **1 tablespoon oil** and season with **salt** and **pepper**.



### 5. Make dressing

Finely chop **1 teaspoon garlic**.

Squeeze **2 tablespoons of the remaining lemon juice** into a large bowl. Add **garlic**, **2 teaspoons sugar**, **½ teaspoon salt**, and **a few grinds of pepper**. Whisk in **2 tablespoons oil**. Transfer **2 tablespoons of the dressing** to a small bowl; set aside for step 6.



### 6. Finish & serve

To large bowl with **lemon dressing**, add **farro**, **broccoli**, and **remaining Parmesan**; toss to combine. Season to taste with **salt** and **pepper**. Thinly slice **chicken**. Squeeze **roasted lemon wedge** into small bowl with **reserved dressing**, then spoon over **chicken**.

Serve **chicken** with **farro salad** alongside. Enjoy!