

DINNERLY



Tray Bake: Skinny Chicken Parm with Farro & Pesto

 1h  2 Servings

We know “skinny” and “chicken Parm” aren’t typically word neighbors, but your eyes don’t deceive! Farro serves as a nutritious swap for the usual pasta, and chicken breast strips are a lean mean sub for the breaded cutlets. When we top it all off with tangy marinara, creamy mozzarella, and herbaceous pesto, you might find yourself preferring this new and improved version over the classic. We’ve got you covered!

WHAT WE SEND

- 1 pkt chicken broth concentrate
- 8 oz marinara sauce
- aluminum foil tray
- 2 (4 oz) farro ¹
- 3¼ oz mozzarella ⁷
- ½ lb pkg chicken breast strips
- 2 oz basil pesto ⁷

WHAT YOU NEED

- kosher salt & ground pepper

TOOLS

- microwave
- aluminium foil
- box grater

ALLERGENS

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

NUTRITION PER SERVING

Calories 780kcal, Fat 29g, Carbs 79g, Protein 57g



1. Prep ingredients

Preheat oven to 375°F with racks in the center and upper third positions.

In a large microwave safe bowl or measuring cup, combine **broth concentrate**, **½ cup marinara sauce**, **1½ cups water**, **1 teaspoon salt**, and **a few grinds of pepper**. Heat in microwave until steaming, 2–3 minutes.



2. Bake farro

In aluminum tray, combine **farro** and **marinara mixture**; cover tightly with foil. Bake on center oven rack until farro has absorbed most of the liquid, 30 minutes.

Meanwhile, grate **mozzarella** on the large holes of a box grater. Pat **chicken** dry and season with **salt** and **pepper**.



3. Bake chicken

Uncover tray and stir **farro**. Place **chicken** on top and recover tightly with foil. Bake on center oven rack until chicken is cooked through and farro is tender, 10–12 minutes more. Let rest, covered, 5 minutes.

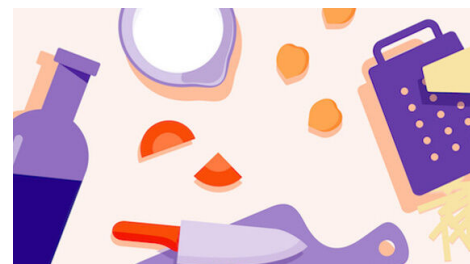
Switch oven to broil on high heat.



4. Finish & serve

Dollop **remaining marinara sauce** over **chicken**; sprinkle over **mozzarella**. Broil on upper oven rack until cheese is melted and just starting to brown, about 2 minutes (watch closely as broilers vary).

Drizzle top of **chicken Parm** with **pesto**. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!