

DINNERLY



Chicken Parm with Roasted Broccoli & Garlic Bread



20-30min



2 Servings

Full of concentrated tomatoey goodness, this dish brings all the Italian vibes without the time and saucy splats on your stove. Paired with a juicy chicken breast and melted fontina, we're bringing you a classic, reinvented. We've got you covered!

WHAT WE SEND

- ½ lb broccoli
- 2 Portuguese rolls ²
- 8 oz tomato sauce
- 10 oz pkg boneless, skinless chicken breast
- 2 oz shredded fontina ¹

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- sugar
- garlic

TOOLS

- medium ovenproof skillet
- rimmed baking sheet

ALLERGENS

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

NUTRITION PER SERVING

Calories 790kcal, Fat 53g, Carbs 37g, Protein 48g

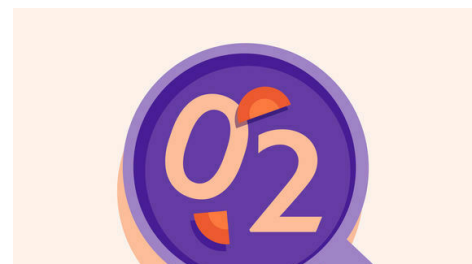


1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third.

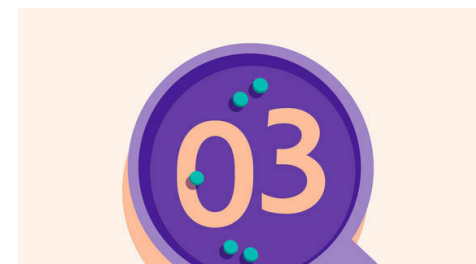
Finely chop **1 tablespoon garlic**. Cut **broccoli** into 1-inch florets, if necessary.

In a small bowl, stir together **2 tablespoons oil** and **⅓ of the chopped garlic**. Split **rolls**; brush or spoon **garlic-oil** all over cut sides.



2. Cook tomato sauce

Heat **1 tablespoon oil** and **remaining chopped garlic** in a medium ovenproof skillet over medium-high until sizzling, about 1 minute. Add **tomato sauce**, **½ cup water**, **½ teaspoon each of salt and sugar**, and **a few grinds of pepper**. Bring to a boil over high heat, then reduce heat to medium; simmer until slightly thickened, 3–4 minutes. Pour **sauce** in a small bowl. Rinse and dry skillet.



3. Roast broccoli & bread

Toss **broccoli** with **2 tablespoons oil** on a rimmed baking sheet; season generously with **salt** and **pepper**. Roast on upper oven rack until tender and crisp in spots, about 10 minutes. Add **bread** to baking sheet halfway through roasting to lightly toast (watch closely). Remove from oven; wrap bread in foil to keep warm. Switch oven to broil.



4. Cook chicken

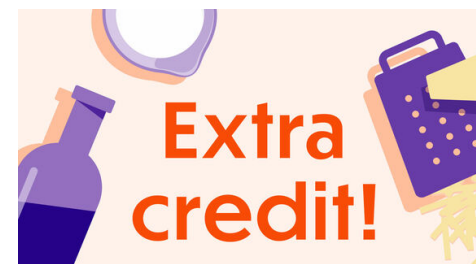
Meanwhile, pat **chicken** dry, then pound to an even ½-inch thickness, if desired; season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in same skillet over medium-high. Add chicken and cook until golden-brown and just cooked through, 3–4 minutes per side. Remove from heat, then spoon **tomato sauce** over chicken in skillet (sauce will sizzle).



5. Finish & serve

Top **chicken** with **fontina**. Broil on upper oven rack until **cheese** is melted and golden-brown in spots, and **sauce** is bubbling, about 3 minutes (watch closely as broilers vary). Cut **garlic bread** crosswise into slices.

Serve **chicken Parm** with **roasted broccoli** and **garlic bread** alongside and **remaining sauce** on the side for dipping. Enjoy!



6. Take it to the next level

Feeling spicy? Add a pinch of crushed red pepper to the sauce for a little heat. Or are you feeling more zesty? Add a pinch of Italian seasoning for an herbaceous kick.