

DINNERLY



Low-Cal Pan-Roasted BBQ Chicken & Broccoli

with Oven Fries



30-40min



2 Servings

Sometimes a simple chicken dish just needs an unexpected twist to make it feel fancy. BBQ chicken is always a winner, winner, chicken dinner—especially when there's roasted potatoes to dip in that sweet and smoky sauce, too. But we've made humble broccoli really stand out by mixing them with tangy sour cream. We've got you covered!

WHAT WE SEND

- 2 potatoes
- ½ lb broccoli
- ¼ oz granulated garlic
- 10 oz pkg boneless, skinless chicken breast
- 4 oz barbecue sauce

WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

TOOLS

- rimmed baking sheet
- medium skillet

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 580kcal, Fat 16g, Carbs 74g, Protein 41g



1. Roast potatoes

Preheat oven to 450°F with a rack in the upper and lower thirds. Scrub **potatoes**, then cut lengthwise into ½-inch wedges. Toss on a rimmed baking sheet with **1 tablespoon oil**, **1 teaspoon salt**, and **a few grinds of pepper**. Roast on lower rack until deep golden brown and crisp, flipping halfway through cooking time, 23–25 minutes.



4. Serve

Serve **BBQ chicken** with **sauce** spooned over top and with **oven fries** and **roasted broccoli** alongside. Enjoy!



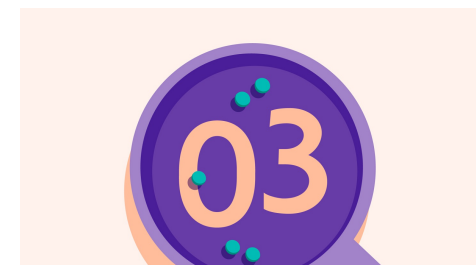
2. BROCCOLI VARIATION

Cut **broccoli** into 1-inch florets, if necessary. Toss on a rimmed baking sheet with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on upper oven rack until well browned and crisp tender, 8–10 minutes.



5. ...

What were you expecting, more steps?



3. Cook chicken

Pat **chicken** dry and pound to an even thickness, if desired. Lightly season with **salt** and **pepper**.

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until well-browned and cooked through, about 3 minutes per side. Add **barbecue sauce** and **2 tablespoons water** to skillet, turning chicken to coat. Cook until sauce is warmed through, about 1 minute.



6. ...

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