



Garlic-Herb Chicken & Potatoes

with Roasted Broccoli



30-40min



2 Servings

Simple doesn't have to mean boring, especially when it comes to a weeknight meal. Take this dish for example. Its simplicity is key, made of chicken, potatoes, and broccoli, but the flavor is elevated thanks to the Italian seasoning and garlic for a comfortable bite you won't be able to resist.

What we send

- 2 Yukon gold potatoes
- garlic
- ½ lb broccoli
- 1 lemon
- ¼ oz Italian seasoning
- 12 oz pkg boneless, skinless chicken breasts
- ½ oz honey
- 2 (¼ oz) Dijon mustard

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- microplane or grater
- medium skillet

Allergens

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

Nutrition per serving

Calories 640kcal, Fat 31g, Carbs 52g, Protein 47g



1. Roast potatoes

Preheat oven to 450°F with a rack in the center. Scrub **potatoes**, then cut lengthwise into 1-inch thick wedges. Toss on a rimmed baking sheet with **1 tablespoon oil**; season with **salt** and **pepper**. Roast on center oven rack until lightly browned underneath, about 15 minutes.



4. Roast broccoli

Flip **potatoes** and push to one side of the baking sheet. On other side of baking sheet, carefully toss broccoli with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on center oven rack until **broccoli** is tender and browned in spots, and potatoes are tender and browned, 8-10 minutes (watch closely as ovens vary).



2. Prep ingredients

Finely chop **1 teaspoon garlic**. Trim stem ends from **broccoli**, then cut crowns into 1-inch florets. Finely grate **all of the lemon zest** into a medium bowl, then add **chopped garlic**, **½ teaspoon Italian seasoning**, and **3 tablespoons oil**. Season with **salt** and **pepper**.



5. Cook chicken

Scrape and discard marinade from **chicken**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken; cook, turning once, until browned and cooked through, 3-4 minutes per side. Squeeze **1 tablespoon lemon juice** into a small bowl; whisk in **honey**, **1½ tablespoons water**, and **2 teaspoons Dijon mustard**; season with **salt** and **pepper**. Cut any lemon into wedges.



3. Marinate chicken

Transfer **half of the garlic-herb oil** to a small bowl; reserve for step 6. Pat **chicken** dry and pound to an even ½-inch thickness, if necessary. Add chicken to bowl with **remaining garlic-herb oil**, tossing to coat. Let chicken marinate until step 5.



6. Finish & serve

Remove skillet from heat; carefully add **potatoes**. Pour **honey-Dijon dressing** over **chicken and potatoes**, tossing to coat. Drizzle **reserved garlic-herb oil** over potatoes. Serve **chicken and potatoes** with **broccoli** alongside, and with **any lemon wedges** for squeezing over top. Enjoy!