



Chicken Parm Stuffed Peppers with Crispy Panko



20-30min



2 Servings

In Dinnerly's endless pursuit to answer the question, "What can't you stuff inside a pepper?" we discovered that a chicken Parm is one of our favorites. Just picture ground chicken, marinara, fontina, and Parmesan all coming together in a roasted pepper, topped with a cheesy panko crust. What's not to love? We've got you covered!

WHAT WE SEND

- 2 green bell peppers
- 10 oz pkg ground chicken
- ¼ oz Italian seasoning
- 8 oz marinara sauce
- 2 oz shredded fontina ²
- 1 oz panko ¹
- ¾ oz Parmesan ²

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil

TOOLS

- microplane or grater
- rimmed baking sheet
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 550kcal, Fat 29g, Carbs 29g, Protein 47g



1. Prep ingredients

Preheat broiler with a rack in the center (about 8 inches from heat source).

Finely grate **Parmesan**, if necessary.

Halve **peppers**; discard stems and seeds. Place cut-side down on a rimmed baking sheet; rub all over with **oil** and season with **salt** and **pepper**.



2. Roast peppers

Broil **peppers** on center oven rack until slightly tender and browned around the edges, flipping halfway through cooking time, 8–12 minutes (watch closely as broilers vary). Remove from oven; keep broiler on.



3. Cook chicken

While **peppers** cook, heat **1 tablespoon oil** in a medium skillet over high. Add **chicken**; season with **salt** and **pepper**. Cook, breaking up into large pieces, until browned, 3–5 minutes. Add **half each of the Italian seasoning and marinara sauce**; cook until chicken is cooked through and sauce is hot, about 1 minute.



4. Stuff peppers

Remove skillet with **chicken** from heat, then stir in **half each of the fontina, Parmesan, and panko**. Divide filling among **peppers**. Top with **remaining marinara sauce**.

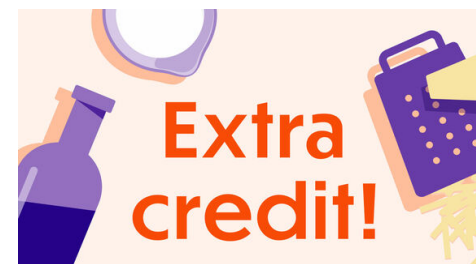
In a small bowl, mix together **remaining fontina, Parmesan, and panko** and **2 teaspoons oil**. Sprinkle over filling.



5. Broil & serve

Broil **peppers** on center oven rack until crust is golden-brown and **cheese** is melted, 2–3 minutes.

Serve **chicken Parm stuffed peppers**. Enjoy!



6. Did you know?

Although reducing food waste is a top priority, sometimes in spite of best efforts, we end up with leftovers in our test kitchen and packing facilities. When that happens, we still make sure it doesn't go to waste. One way of ensuring all of our nutritious food ends up on a table is by donating to local charities like Table to Table and Grace Place.