



Garlic-Herb Chicken

with Double 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 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

- garlic
- 1 lb broccoli
- ¼ oz Italian seasoning
- 1 lemon
- 12 oz pkg boneless, skinless chicken breasts
- ½ oz honey
- 2 pkts Dijon mustard ¹⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- microplane or grater
- medium skillet

Allergens

Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 520kcal, Fat 31g, Carbs 22g, Protein 45g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. 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, 3 tablespoons oil, ¾ teaspoon salt**, and **a few grinds of pepper**.



4. 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.



2. 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.



5. Finish & serve

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



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

3. Roast broccoli

On a rimmed baking sheet, toss **broccoli** with **2 tablespoons oil** and season with **salt** and **pepper**. Roast on center oven rack until **broccoli** is tender and browned in spots, 8-10 minutes (watch closely as ovens vary).



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.