

# DINNERLY



## Chicken Scallopine with Spinach Salad



under 20min



2 Servings

Chicken scallopine may sound real fancy, but that doesn't mean it's difficult! We're dredging chicken breasts in flour, browning them til they're crisp, then cooking them again with a buttery, garlicky, and lemony pan sauce. No need to wait for a table, because we're bringing all the Italian resto vibes to you. We've got you covered!

## WHAT WE SEND

- 1 plum tomato
- 1 lemon
- ¾ oz Parmesan <sup>7</sup>
- 10 oz pkg boneless, skinless chicken breast
- 1 pkt turkey broth concentrate
- 5 oz baby spinach

## WHAT YOU NEED

- balsamic vinegar (or red wine vinegar)
- olive oil
- kosher salt & ground pepper
- garlic
- ¼ cup all-purpose flour <sup>1</sup>
- butter <sup>7</sup>

## TOOLS

- box grater or microplane
- medium nonstick skillet

## ALLERGENS

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 510kcal, Fat 32g, Carbs 17g, Protein 39g



### 1. Marinate tomato

Cut **tomato** into ½-inch pieces.

In a medium bowl, whisk together **1 tablespoon vinegar** and **2 tablespoons oil**. Season to taste with **salt** and **pepper**. Stir in tomatoes and set aside to marinate at room temperature until step 5.



### 2. Prep ingredients

Into a small bowl, squeeze **1 teaspoon lemon juice**. Cut any remaining lemon into wedges. Finely chop **1 teaspoon garlic**. Finely grate **Parmesan**, if necessary.

Season **chicken** all over with **salt** and **pepper**. Place **¼ cup flour** on a plate and lightly coat chicken, shaking to remove excess.



### 3. CHICKEN VARIATION

Heat **1 tablespoon oil** in a medium nonstick skillet over high. When **oil** is shimmering, add **chicken** until well browned on the bottom, about 2 minutes. Flip and continue to cook until just cooked through, 1–2 minutes more. Transfer to a plate.



### 4. Make sauce

To same skillet, add **½ cup water**, **chopped garlic**, and **turkey broth concentrate**. Bring to a simmer over medium-high, then reduce heat to low. Add **1 tablespoon butter**, **lemon juice**, and **chicken**. Cook until butter is melted and chicken is just warmed through, about 1 minute more.



### 5. Make salad & serve

Add **spinach** and **Parmesan** to bowl with **marinated tomatoes**. Toss to coat and season to taste with **salt** and **pepper**.

Serve **chicken scallopine** with **pan sauce** spooned over top and **spinach salad** and **lemon wedges** alongside. Enjoy!



### 6. Carb it up

We made this a low-carb meal on purpose, but for a more balanced and filling dinner cook up some rice to serve on the side. Bring **½ cup rice** and **1 cup water** to a boil in a small saucepan. Cover, reduce heat to low, and simmer until rice is tender and water is absorbed, about 17 minutes.