

DINNERLY



Crispy Parmesan Chicken with Roasted Green Beans

 20-30min  2 Servings

Crispy. Parmesan. Chicken. Need we say more? This dish is light on carbs, but heavy on flavor. Coated in crispy Parmesan-panko and served with perfectly roasted green beans, it's a no-brainer addition to your weeknight rotation. We've got you covered!

WHAT WE SEND

- ½ lb green beans
- 10 oz pkg boneless, skinless chicken breast
- 1 pkt turkey broth concentrate
- 1 oz sour cream ¹
- 1 oz panko ²
- ¾ oz Parmesan ¹

WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- butter ¹
- white wine vinegar (or red wine vinegar)

TOOLS

- microplane or grater
- rimmed baking sheet
- meat mallet (or heavy skillet)
- medium ovenproof skillet

COOKING TIP

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ALLERGENS

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

NUTRITION PER SERVING

Calories 550kcal, Fat 38g, Carbs 21g, Protein 34g



1. Prep ingredients

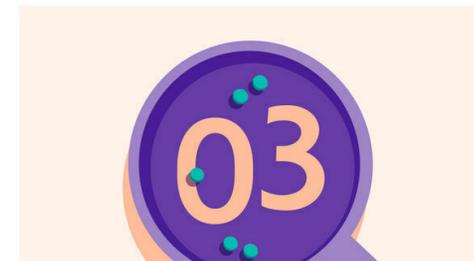
Preheat oven to 450°F with a rack in the upper third.

Thinly slice **2 large garlic cloves**. Finely grate **Parmesan**, if necessary.



2. GREEN BEAN VARIATION

Trim stem ends from **green beans**. On a rimmed baking sheet, toss green beans with **1½ tablespoons oil**; season with **salt** and **pepper**. Roast on upper oven rack until well browned and crisp-tender, 10–12 minutes. Remove baking sheet from oven and tent with foil to keep warm. Switch oven to broil.



3. Sear chicken

Meanwhile, pat **chicken** dry, then pound to ½-inch thickness, if desired; season all over with **salt** and **pepper**. Heat **1 tablespoon each of butter and oil** in a medium ovenproof skillet over medium-high. When butter foam subsides, add chicken and sear until lightly browned, but not cooked through, 1–2 minutes per side. Transfer chicken to a plate.



4. Make pan sauce

Add **chopped garlic** to same skillet and cook, scraping up any browned bits from bottom of skillet, until softened and golden, 30 seconds. Stir in **turkey broth concentrate**, **¼ cup water**, and **½ teaspoon vinegar**; bring to a simmer. Remove skillet from heat, then whisk in **sour cream**. Carefully add **any resting juices** from **chicken** and whisk to combine.



5. Broil chicken & serve

Return **chicken** to skillet and sprinkle **panko** over each breast. Top with **Parmesan** and drizzle generously with **oil**. Broil on upper oven rack until **sauce** is bubbling, **Parm-panko topping** is golden-crisp, and chicken is cooked through, 3–4 minutes.

Serve **Parmesan chicken** with **roasted green beans** alongside and **pan sauce** drizzled over top. Enjoy!



6. Carbo-load!

This meal is low carb by design, but feel free to add some crusty bread for dipping in the sauce!