



Everything Bagel Chicken & Roasted Broccoli

with Scallion-Sour Cream Wedge



30-40min



2 Servings

We indulge our obsession with everything bagel seasoning by rubbing this addictive blend over juicy chicken breasts for a major dose of flavor. A rich drizzle of scallion and sour cream dressing is a delicious match for a crisp romaine wedge. Roasted broccoli completes this picture perfect dish.

What we send

- ½ lb broccoli
- garlic
- 2 scallions
- 1 romaine heart
- 2 (1 oz) sour cream ¹
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz everything bagel seasoning ²

What you need

- olive oil
- kosher salt & ground pepper
- white wine vinegar (or apple cider vinegar)
- sugar

Tools

- rimmed baking sheet
- medium skillet

Allergens

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

Nutrition per serving

Calories 430kcal, Fat 22g, Carbs 14g, Protein 45g



THIS IS A CUSTOMIZED RECIPE STEP

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

1. Roast broccoli

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

Cut **broccoli** into florets, if necessary. Toss on a rimmed baking sheet with **1 tablespoon oil** and **a pinch each of salt and pepper**. Roast on lower oven rack until tender and browned in spots, about 15 minutes.



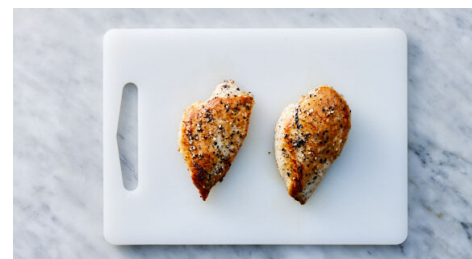
4. Season chicken

Pat **chicken** dry and season all over with **salt** and **pepper**. Season one side only of each chicken breast with **everything bagel seasoning**, pressing to help seasoning adhere.



2. Prep salad

Meanwhile, finely chop **½ teaspoon garlic**. Trim **scallions**, then thinly slice, keeping dark greens separate. Trim stem end from **lettuce**, then halve lengthwise and cut into wedges.



5. Cook chicken

Heat **1 tablespoon oil** in a medium skillet over medium. Add **chicken**, seasoned side down, and cook 4-5 minutes per side until browned all over and 165°F internally (reduce heat if browning too quickly). Transfer to a cutting board and let rest for 5 minutes.



3. Make sour cream dressing

In a small bowl, whisk to combine **all of the sour cream**, **chopped garlic**, **sliced scallion whites and light greens**, **1 tablespoon oil**, **½ teaspoon each of vinegar and sugar**, **a generous pinch of salt**, and **several grinds of pepper**. Stir in water, 1 tablespoon at a time as needed, to thin dressing.



6. Finish & serve

Serve **chicken** and **broccoli** with **wedge salad** alongside. Spoon **sour cream dressing** over **lettuce** and sprinkle **scallion dark greens** over top. Enjoy!