



Creamy Italian Grilled Chicken

with Broccoli & Lemon Potatoes



30-40min



2 Servings

If you don't have a grill or grill pan, preheat oven to 450°F with a rack in the upper and lower thirds. Place broccoli and onions on a rimmed baking sheet and roast in upper third of oven until lightly charred, 7-9 minutes. Heat 1 tablespoon oil in a large skillet over medium-high, add chicken and cook until golden and cooked through, about 2-3 per side.

What we send

- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz Italian seasoning
- ½ lb broccoli
- garlic
- 2 (1 oz) sour cream
- 1 yellow onion
- 2 potatoes
- 1 lemon

What you need

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

Tools

- microplane or grater
- rimmed baking sheet
- grill, grill pan, or rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 740kcal, Fat 35g, Carbs 61g, Protein 49g



1. Roast potatoes

Preheat oven to 450°F with a rack in the lower third. Scrub **potato**, then cut lengthwise into wedges. On a rimmed baking sheet, toss potatoes with **1 tablespoon oil, 1 teaspoon salt, and a few grinds pepper**. Roast in lower third of oven until deep golden-brown underneath, 15-17 minutes.



4. Cook broccoli

Heat a grill or grill pan to high. In a medium bowl, toss **broccoli** with **1 tablespoon each oil and water, ¼ teaspoon salt, and a few grinds pepper**. Brush **onion rings** with **oil**. Add broccoli and onions to grill and cook until charred in spots, 1-2 minutes. Flip, cover, and cook until tender, 2-3 minutes more. Transfer vegetables to a plate. Cover to keep warm.



2. Prep ingredients

Finely grate **1 teaspoon lemon zest**. Separately squeeze **1 tablespoon lemon juice** into a small bowl. Peel and slice **½ cup onion** into ¼-inch thick rings, keeping rings intact. Peel and finely chop **½ teaspoon garlic**. Trim and discard ends from **broccoli**, then cut into 1-inch spears.



5. Grill chicken

Meanwhile, pat **chicken** dry and pound to an even ¼-inch thickness, if necessary. Season chicken all over with **½ teaspoon salt and a few grinds pepper**; drizzle lightly with **oil**. Add chicken to grill or grill pan and cook over medium-high until lightly charred and cooked through, 2-3 minutes per side.



3. Make dressing

In a medium bowl, whisk **all of the sour cream, garlic, 2 tablespoons each oil and water, 1 teaspoon vinegar, 1 teaspoon of the lemon juice, 1 teaspoon of the Italian seasoning**. Season to taste with **salt and pepper**. Toss **potatoes** with **lemon zest** and **remaining lemon juice**; arrange on sheet browned-side up. Bake until tender and browned, 5-7 minutes more.



6. Finish & serve

Serve **chicken**, spooning **some of the dressing** over the top. Serve **grilled chicken** alongside **broccoli, onions, and potatoes** with **remaining dressing** on the side for dipping. Enjoy!