



Chicken Scallopini

with Parmesan Polenta & Sautéed Spinach



20-30min



2 Servings

Bust out your red checkered table cloth—tonight's dinner is an Italian American classic! Chicken Scallopini is a bright, saucy dish bursting with fresh lemon. The trick to this velvety sauce is dredging the chicken in flour before searing it. The flour turns into nutty browned bits on the bottom of the skillet that thicken the sauce as the chicken simmers. This plate is Bellissimo!

What we send

- 3 oz quick-cooking polenta
- ¼ oz fresh parsley
- ¾ oz Parmesan ¹
- garlic
- 1 lemon
- 12 oz pkg boneless, skinless chicken breasts
- 1 pkt turkey broth concentrate
- 5 oz baby spinach

What you need

- kosher salt & ground pepper
- all-purpose flour (or gluten-free alternative)
- olive oil
- butter ¹

Tools

- medium saucepan
- microplane or grater
- medium skillet

Allergens

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

Nutrition per serving

Calories 690kcal, Fat 40g, Carbs 36g, Protein 51g



1. Make polenta

In a medium saucepan, bring **2¾ cups water** and **1 teaspoon salt** to a boil. Gradually whisk **polenta** into boiling water; return to a boil. Cover, reduce heat to low, and cook, whisking occasionally, until grains are tender and polenta is thickened, 8-10 minutes. Remove from heat and keep covered until ready to serve.



4. Cook chicken

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** and cook until golden brown and cooked through, 3-4 minutes per side. Transfer chicken to a plate.



2. Prep ingredients

Pick and coarsely chop **parsley leaves**; discard stems. Finely grate **Parmesan**. Finely chop **1 tablespoon garlic**. Squeeze **2 teaspoons lemon juice** into a small bowl; cut any remaining lemon into wedges. Pat **chicken** dry; season with **salt** and **pepper**. Lightly coat each breast with **1 teaspoon flour**. In a measuring cup, combine **broth concentrate** and **½ cup water**.



5. Make sauce

To same skillet, add **remaining garlic**, **1 tablespoon butter**, and **1 teaspoon flour**. Cook, stirring, over medium heat until fragrant, 30 seconds. Stir in **broth**; bring to a simmer. Cook until thickened, 1 minute. Reduce heat to low; stir in **parsley**, **1 tablespoon butter**, and **1-2 teaspoons lemon juice** (depending on taste preference). Season to taste with **salt** and **pepper**.



3. Sauté spinach

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **spinach** and **half of the chopped garlic**; cook, stirring, until spinach is just wilted. Season with **a pinch each of salt and pepper**. Transfer to a bowl and cover to keep warm.



6. Finish & serve

Stir **Parmesan** and **1 tablespoon butter** into **polenta**. Season to taste with **salt** and **pepper**.

Spoon **polenta** onto plates and top with **spinach** and **chicken**. Drizzle **sauce** over top. Serve with **any remaining lemon wedges** on the side. Enjoy!