

# DINNERLY



## Crispy Parmesan Chicken with Roasted Brussels Sprouts



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 Brussels sprouts, it's a no-brainer addition to your weeknight rotation. We've got you covered!

## WHAT WE SEND

- ½ lb Brussels sprouts
- 10 oz pkg boneless, skinless chicken breast
- 1 pkt turkey broth concentrate
- 1 oz sour cream <sup>1</sup>
- 1 oz panko <sup>2</sup>
- ¾ oz Parmesan <sup>1</sup>

## WHAT YOU NEED

- garlic
- olive oil
- kosher salt & ground pepper
- butter <sup>1</sup>
- 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 560kcal, Fat 38g, Carbs 23g, Protein 35g



### 1. Prep ingredients

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

Thinly slice **2 large garlic cloves**. Trim ends from **Brussels sprouts**; remove any tough outer leaves, if necessary. Cut in half (or quarter, if large).

Finely grate **Parmesan**, if necessary.



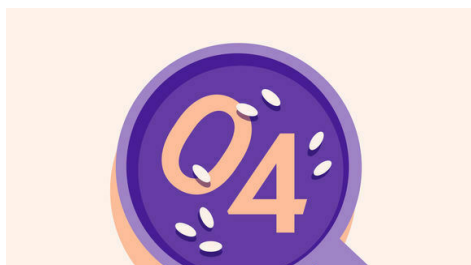
### 2. BRUSSELS VARIATION

Toss **Brussels sprouts** on a rimmed baking sheet with **2 tablespoons olive oil**; season with **salt** and **pepper**. Roast on upper oven rack until tender and charred in spots, 12–18 minutes. Remove from oven and tent with foil to keep warm. Switch oven to broil.



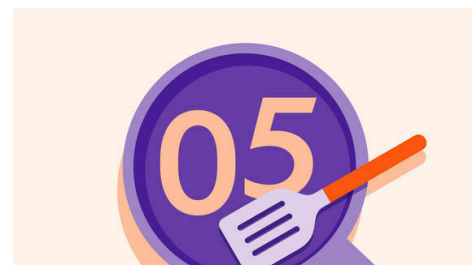
### 3. Sear chicken

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

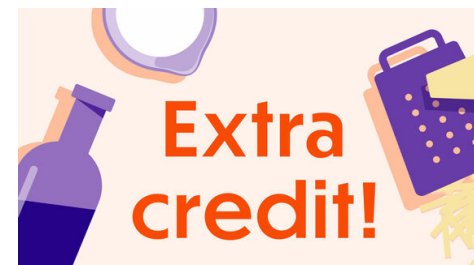
Add **chopped garlic** to same skillet and cook, scraping up any browned bits from bottom of skillet, until softened and golden, 30 seconds. Stir in **turkey broth concentrate**, **¼ cup water**, and **½ teaspoon vinegar**; bring to a simmer. Remove skillet from heat, then whisk in **sour cream**. Carefully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