



Skinny Chicken Parm

with Garlic Toasts & Broccoli



20-30min



2 Servings

Who says chicken Parm needs to be heavy? This version, while lighter on the calories, is anything but skinny on flavor. Juicy tomatoes are roasted for sweet flavor, chicken cutlets get roasted on top, and then ooey-gooey mozzarella blankets the entire yummy affair. Toasted ciabatta (for sopping up the sauciness) and crisp, garlicky broccoli round out the plate.

What we send

- 3 plum tomatoes
- garlic (use 2 large cloves)
- 1 ciabatta roll ^{1,6}
- ½ lb broccoli
- 1 pkg mozzarella ⁷
- 12 oz boneless, skinless chicken breasts

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- medium skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 840kcal, Fat 44g, Carbs 51g, Proteins 60g



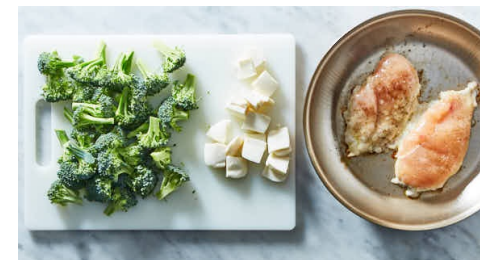
1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Cut **tomatoes** into 1-inch pieces; transfer to a bowl. Peel **2 large garlic cloves**; finely chop 1 teaspoon, leaving second clove whole. Add ½ teaspoon of the chopped garlic, **2 tablespoons oil**, **½ teaspoon salt**, and **¼ teaspoon pepper** to bowl with tomatoes. Cut **ciabatta** into ½-inch thick slices; brush lightly all over with **oil**.



2. Roast tomatoes & bread

Spread **tomatoes and any juices** onto the center of a rimmed baking sheet, forming a 10-inch circle. Arrange **bread slices** around the edges of the baking sheet. Roast on center oven rack until tomatoes are broken down and juicy, and bread is lightly toasted, about 10 minutes (watch closely, as ovens vary).



3. Prep broccoli & cheese

Meanwhile, cut **broccoli** into 1-inch florets. Thinly slice **mozzarella**. Pat **chicken** dry and season with **¼ teaspoon each salt and pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook on one side only until golden, about 4 minutes. Wipe out skillet.



4. Make chicken parm

Flip **bread slices** and rub with **reserved whole garlic clove**. Set **chicken**, browned side-up, on top of **tomatoes**. Arrange **mozzarella** over chicken and tomatoes. Bake on center oven rack until chicken is cooked through, cheese is melted and browned in spots, and bread is golden, about 5 minutes (watch closely, as ovens vary).



5. Cook broccoli

Meanwhile, heat **1 tablespoon oil** in same skillet over medium-high. Add **broccoli, remaining chopped garlic, 2 tablespoons water**, and **a pinch of salt**. Cover and cook until crisp-tender, 2-3 minutes. Uncover and cook until water is evaporated and broccoli is browned in spots, 2-3 minutes.



6. Finish & serve

Use a spatula to transfer **chicken Parm** to plates, and serve **broccoli** and **garlic bread** alongside. Pour **any pan juices** on top. Enjoy!