



Skinny Chicken Parm

with Garlic Toasts & Broccoli



20-30min



2 Servings

Who says chicken Parm needs to be heavy? This version, may be lighter on the calories, but is anything but skinny on flavor. Juicy tomatoes are roasted for sweet flavor with juicy chicken cutlets blanketed in ooey-gooey mozzarella over top for a yummy affair. It's served with garlic bread to sop up the sauciness and charred broccoli for a bright pop.

What we send

- garlic (use 2 large cloves)
- 3 plum tomatoes
- 1 ciabatta roll ¹
- 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

Allergens

Wheat (1), 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. Finely chop **1 teaspoon garlic**; reserve **1 whole clove** for step 4. Cut **tomatoes** into 1-inch pieces. In a medium bowl, combine **tomatoes, ½ teaspoon of the chopped garlic, 2 tablespoons oil, ½ teaspoon salt, and ¼ teaspoon pepper**. Cut **ciabatta** into ½-inch thick slices, then lightly brush all over with **oil**.



2. Roast tomatoes & bread

Spread **tomatoes and any juices** into the center of a rimmed baking sheet, forming a wide circle. Arrange **bread slices** around the edges of 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, trim stem ends from **broccoli**, then cut crowns into 1-inch florets. Thinly slice **mozzarella**. Pat **chicken** dry, then pound to ½-inch thickness, if necessary; season all over with **¼ teaspoon each of salt and pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook until golden-brown on the bottom, about 4 minutes. Remove from heat.



4. Bake chicken parm

Carefully, flip **toasted bread** and rub with **reserved whole garlic clove**. Place **chicken** over **tomatoes** on baking sheet, browned side up; wipe out and reserve skillet. 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 broccoli is crisp-tender, 2-3 minutes. Uncover and continue to 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. Serve **garlic toasts** and **broccoli** alongside. Pour **any pan juices** from baking sheet over top. Enjoy!