



Buttery Garlic Chicken

with Orzo Pilaf & Roasted Broccoli



20-30min



2 Servings

Attention, garlic lovers! This one's for you. We could've called it "Garlic Knot Chicken," since it's inspired by our favorite snacks, those garlicky, buttery, parsley-covered scraps of pizza dough. Marrying those flavors with tender chicken creates an irresistible main course. Orzo becomes creamy when cooked rice pilaf-style, as it is on the side here, where it's joined by another of our favorites, roasted broccoli.

What we send

- ½ lb broccoli
- 1 shallot
- ¼ oz fresh parsley
- garlic
- 1 lemon (use half)
- 3 oz orzo ¹
- 12 oz boneless, skinless chicken breasts

What you need

- olive oil
- kosher salt & ground pepper
- ¼ cup all-purpose flour ¹
- butter ⁷

Tools

- rimmed baking sheet
- small saucepan
- meat mallet (or heavy skillet)
- 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), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 840kcal, Fat 45g, Carbs 62g, Proteins 51g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center. Trim stem ends from **broccoli**, then cut crowns into 1-inch florets. Halve and thinly slice **all of the shallot** lengthwise, then finely chop 2 tablespoons of the sliced shallots. Finely chop **parsley leaves and stems**, keeping them separate. Finely chop **1 large garlic clove**. Cut **half of the lemon** into wedges (save rest for own use).



4. Cook pilaf

To the **orzo**, add **parsley stems, 1¼ cups water**, and **¼ teaspoon salt**; bring to a boil. Reduce heat to low; simmer, covered, stirring occasionally, until orzo is tender and liquid is evaporated, 12-15 minutes. (Add additional water, a few tablespoons at a time, and cook for another few minutes, if necessary.) Season to taste with **salt and pepper**.



2. Roast broccoli & shallots

On a rimmed baking sheet, toss **broccoli** and **sliced shallots** with **1½ tablespoons oil** and **a pinch each of salt and pepper**. Roast on center oven rack until tender and charred in spots, stirring once, 15-20 minutes (watch closely as ovens vary).



5. Cook chicken

Add **¼ cup flour** to a shallow dish; season with **salt and pepper**. Pat **chicken** dry and pound to an even ½-inch thickness. Season all over with **salt and pepper**. Coat chicken in flour, shaking off excess. Heat **2 tablespoons oil** in a medium skillet over medium-high. Add chicken and cook until cooked through and golden, 3-4 minutes per side.



3. Toast orzo

Meanwhile, heat **½ tablespoon oil** in a small saucepan over medium-high. Add **chopped shallots** and cook, stirring, until golden, 1-2 minutes. Add **orzo** and cook, stirring, until deep golden brown, 2-3 minutes.



6. Finish & serve

Transfer **chicken** to a cutting board. Pour off **any oil** from skillet. Return skillet to medium heat and add **chopped parsley leave, chopped garlic**, and **2 tablespoons butter**, swirling to melt butter. Add chicken back to skillet, turning to coat, 1 minute. Serve **chicken and sauce** with **orzo pilaf** and **roasted broccoli** alongside and **lemon wedges** for squeezing over. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com **#marthaandmarleyspoon**