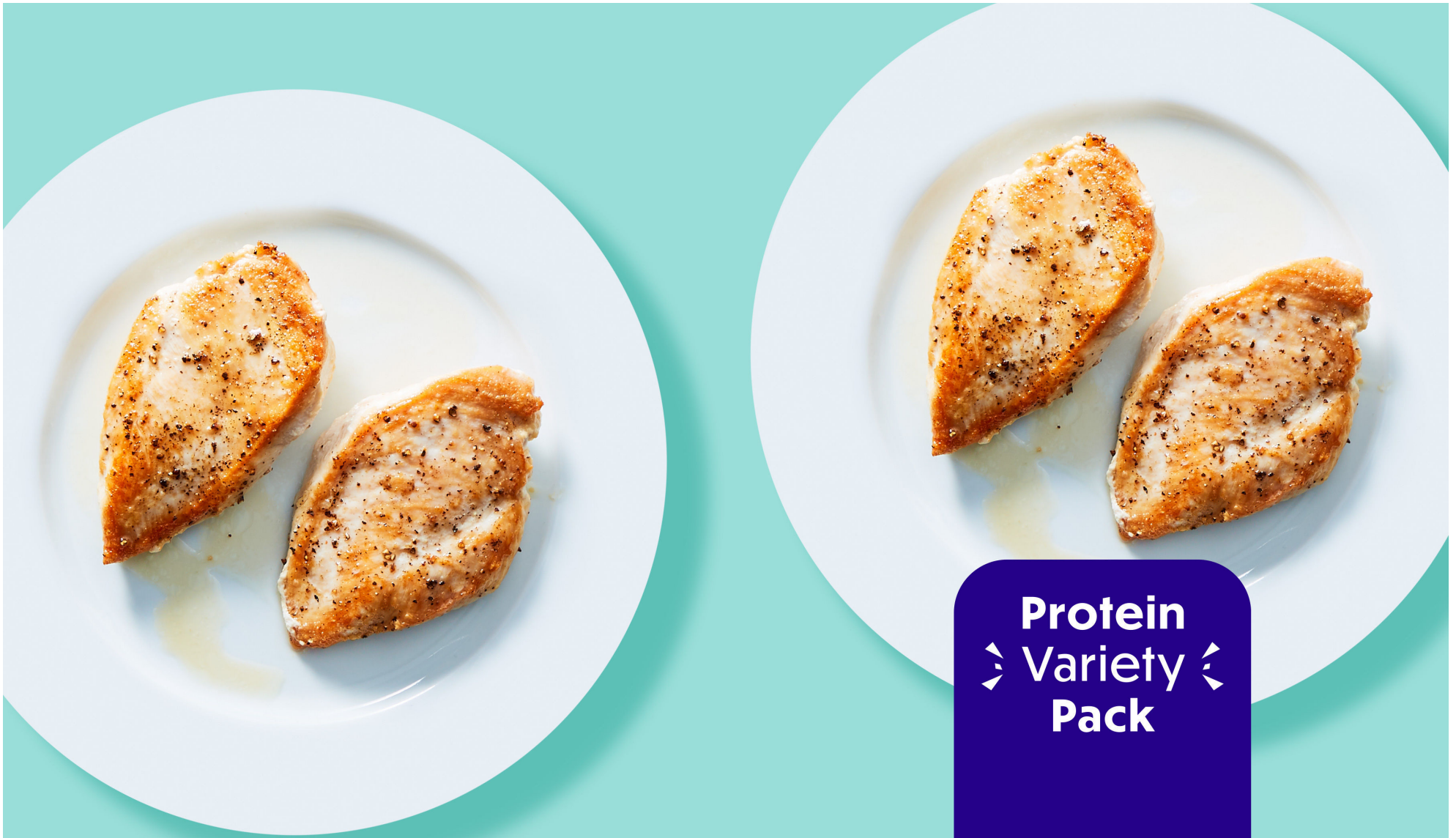


DINNERLY



Chicken Breasts:

Winner, Winner, Chicken Dinner



Cooking Time



2 Servings

Ask and you shall receive! More chicken, MORE OF THE TIME. Chicken is versatile, reliable, and hard-to-beat—just like your favorite pair of leggings or sweatpants (aka the bottom half of your work-from-home suit). This pack is chock full of chicken! Add it to your box for extra boneless, skinless chicken breasts that are perfect for stocking up your freezer. We've got your PROTEINS covered!

WHAT WE SEND

- 2 ½ lb pkg boneless, skinless chicken breasts

WHAT YOU NEED

- sugar or spice or anything nice!

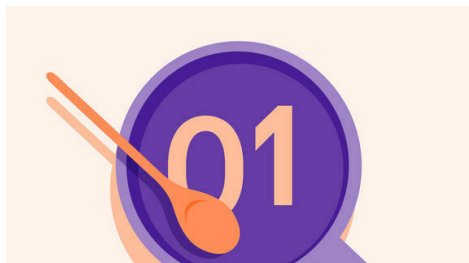
TOOLS

- choose your own cooking adventure!

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

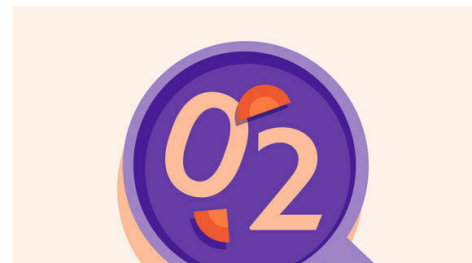
NUTRITION PER SERVING



1. Keep it light!

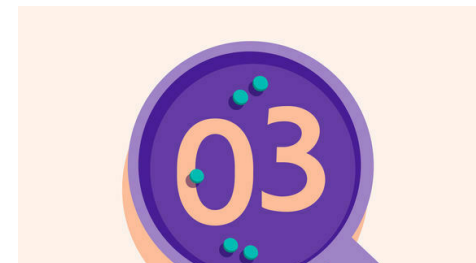
Chicken breasts are great when first seared in a hot skillet and then finished in an oven.

Make it a one-skillet meal by adding your favorite veggies, like sweet potatoes, carrots, or Brussels sprouts!



2. Fajita fiesta!

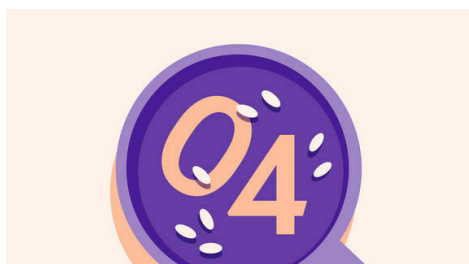
Coat the chicken breasts in a bit of oil and a flavorful spice blend like taco or chili seasoning. Or, concoct your own blend from common pantry spices: ground cumin, onion and garlic powder, dried oregano, ground coriander, and/or spicy or smoked paprika. Use a grill or grill pan to grill the chicken until cooked through. Slice and serve with sautéed peppers and onions and warm flour tortillas.



3. Make schnitzel!

Schnitzel is hard to say, but it's not hard to make!

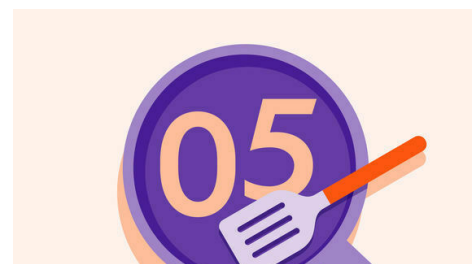
Use a meat mallet or heavy skillet to pound the chicken breasts really thin. Or carefully cut them in half crosswise, creating two cutlets from one breast. Coat the chicken in breading, then shallow fry! Serve with a lemon wedge for squeezing over.



4. Pan roast!

Chicken breasts are great when first seared in a hot skillet and then finished in an oven.

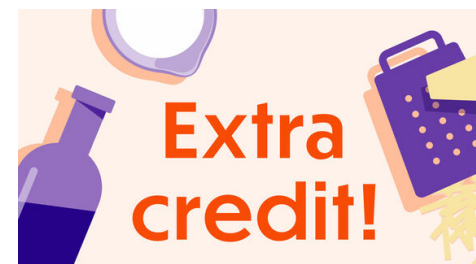
Make it a one-skillet meal by adding your favorite veggies, like sweet potatoes, carrots, or Brussels sprouts!



5. Smother 'em!

Beware! Boneless chicken can dry out quickly!

A hot tip for how to keep chicken breasts moist is to get them swimming in some gravy. Use the pan drippings that remain in the skillet for a flavor boost. Add a splash of wine and/or some chicken broth. Really up the ante with a squeeze of citrus or a hit of vinegar to cut the richness. Finish with butter or cream and/or chopped herbs!



6. We're so funny!

Did you hear the one about the hen that could only lay eggs in the winter?

She was no spring chicken!