



Crispy Lemon-Parmesan Chicken

with Roasted Broccolini



30-40min



2 Servings

We take quick-cooking boneless chicken breasts to the next level thanks to a savory panko-Parmesan topping that gets golden and crispy under the broiler. We serve the chicken with roasted broccolini and a creamy, lemony sauce to bring it all together.

What we send

- 1 lemon
- 1 shallot (use half)
- ¾ oz piece Parmesan ⁷
- 12 oz pkg boneless, skinless chicken breasts
- 1 bunch broccolini
- 1 pkt chicken broth concentrate
- 3 pkts sour cream ⁷
- 1 oz panko (use ¼ cup) ^{1,6}

What you need

- olive oil
- kosher salt & ground pepper
- butter ⁷

Tools

- microplane or grater
- meat mallet (or heavy skillet)
- rimmed baking sheet
- medium ovenproof 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 650kcal, Fat 43g, Carbs 27g, Proteins 49g



1. Prep ingredients

Preheat oven to 400°F with racks in the upper and lower thirds. Finely grate **lemon zest**. Finely chop **half of the shallot**. Finely grate **Parmesan**. Pat **chicken** dry; place between 2 sheets of plastic wrap. Using a meat mallet or heavy skillet, pound to an even ½-inch thickness.



2. Roast broccolini

Trim stem ends from **broccolini**, then halve or quarter spears lengthwise, if large. On a rimmed baking sheet, massage broccolini with **2 tablespoons oil** and season with **salt and pepper**. Roast on lower oven rack until well browned and crisp-tender, 10-12 minutes (watch closely as ovens vary).



3. Sear chicken

Meanwhile, season **chicken** 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 golden brown on one side, 3-4 minutes (chicken will not be cooked through). Transfer chicken to a plate.



4. Make sauce

Immediately add **chopped shallots** to same skillet and cook, scraping up any browned bits, until softened and browned, 1-2 minutes. Add **chicken broth concentrate, lemon zest, and ¼ cup water**. Bring to a simmer. Remove skillet from heat, then stir in **all of the sour cream**.



5. Bake chicken

Carefully pour **any resting chicken juices** from plate into skillet, whisking to combine. Place **chicken** in skillet, browned side up. Sprinkle chicken (not sauce) with **¼ cup panko**, then top with **Parmesan**. Drizzle topping generously with **oil**. Bake on upper oven rack until sauce is bubbling and chicken is cooked through, about 8 minutes (watch closely). Switch oven to broil.



6. Broil chicken & serve

Broil **chicken** until topping is golden and crisp, 2-3 minutes (watch closely). Reheat **broccolini** on lower oven rack, if desired. Transfer chicken to plates. Squeeze **1 teaspoon lemon juice** into sauce; stir to combine. Cut any remaining lemon into wedges. Spoon **sauce** onto plates alongside **chicken**. Serve with **broccolini** and **lemon wedges** for squeezing over top. 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**