



## Crispy Lemon-Parmesan Chicken

with Roasted Broccolini



30-40min



2 Servings

We take 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)
- 12 oz boneless, skinless chicken breasts
- ½ lb broccolini
- 1 pkt chicken broth concentrate
- 3 oz sour cream <sup>7</sup>
- 1 oz panko (use ¼ c) <sup>1,6</sup>
- 1½ oz grated Parmesan <sup>7</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- butter <sup>7</sup>

## Tools

- microplane or grater
- rimmed baking sheet
- medium ovenproof skillet

## 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 690kcal, Fat 43g, Carbs 28g, Proteins 54g



### 1. Prep ingredients

Preheat oven to 400°F with racks in the upper and lower thirds. Finely grate **all of the lemon zest**. Finely chop **half of the shallot**. Pat **chicken** dry and pound to an even ½-inch thickness, if necessary.



### 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!