

DINNERLY



Garlic & Herb Pan-Roasted Chicken with Ranch Macaroni Salad & Sautéed Broccoli



30-40min



2 Servings

Try as we might, we can only eat mac and cheese so many times for a quick weeknight dinner. So instead of cheese, how about tossing macaroni with roasted red peppers and ranch dressing? And a side of tender broccoli? And why not throw in a juicy, marinated chicken breast? Tonight is looking better already. We've got you covered!

WHAT WE SEND

- 4 oz elbow macaroni ¹
- garlic
- ½ lb broccoli
- 2 oz roasted red peppers
- 10 oz pkg boneless, skinless chicken breasts
- ¼ oz pkt Italian seasoning
- 1 pkt ranch dressing ^{3,6,7}

WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- white wine vinegar (or apple cider vinegar) ¹⁷

TOOLS

- medium saucepan
- meat mallet (or heavy skillet)
- medium skillet

ALLERGENS

Wheat (1), Egg (3), Soy (6), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

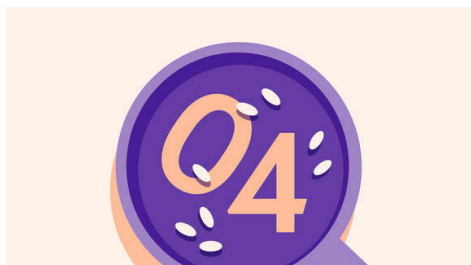
Calories 770kcal, Fat 44g, Carbs 56g, Proteins 46g



1. Cook pasta

Bring a medium saucepan of **salted water** to a boil. Add **pasta**; cook, stirring, until al dente, 8–9 minutes. Drain, rinse under cold water, and drain well again; transfer to a medium bowl.

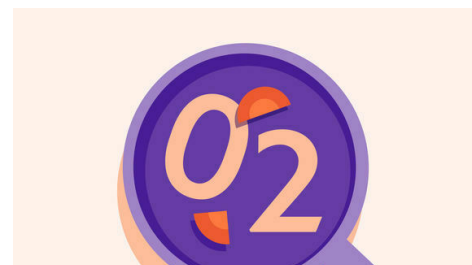
Meanwhile, finely chop **1 teaspoon garlic**. Trim stem end from **broccoli** and cut crown into 1-inch florets, if necessary. Coarsely chop **roasted red peppers**.



4. Cook chicken & pan sauce

Scrape **marinade** off **chicken** (do not discard). Heat **1 tablespoon oil** in same skillet over medium-high. Cook chicken until lightly browned and cooked through, 2–3 minutes per side; transfer to plates.

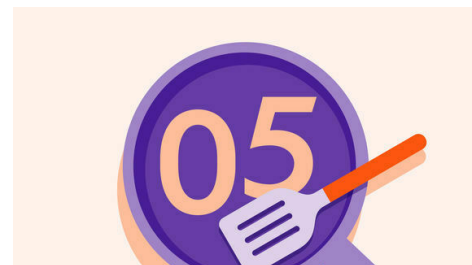
Add **¼ cup water** and **any remaining marinade** to skillet over medium heat; stir, scraping up any browned bits from bottom of skillet. Bring to a boil then remove from heat.



2. Marinate chicken

Pat **chicken** dry and pound to ¼-inch thickness.

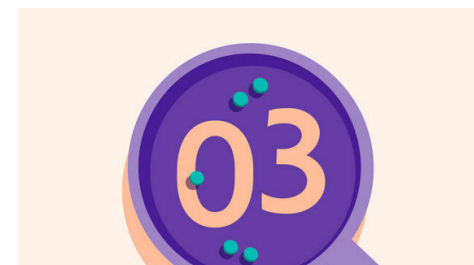
In a medium bowl, combine **chopped garlic**, **2 tablespoons each of oil and vinegar**, **2 teaspoons Italian seasoning**, and **¾ teaspoon salt**; season with **pepper**. Add chicken, turning to coat. Set aside to marinate until step 4.



5. Finish salad & serve

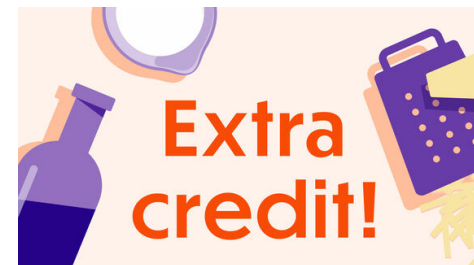
Add **ranch dressing** and **half of the chopped peppers** to bowl with **pasta**; toss to coat.

Serve **garlic and herb chicken** with **sauce** spooned over top and **broccoli** and **macaroni salad** alongside. Top macaroni with **remaining chopped peppers**. Enjoy!



3. Cook broccoli

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **broccoli** and **3 tablespoons water**; cover and cook until tender and lightly browned in spots, 4–5 minutes. Transfer to a bowl and cover to keep warm.



6. Bring the heat!

Stir a few dashes of your favorite hot sauce or crushed red pepper flakes into the macaroni salad in step 5 for a kick of heat!