



## Low-Carb French Onion Chicken Breast

with Garlic Bread & Spinach Salad



30-40min



2 Servings

For this one skillet dinner, pan-roasted chicken is smothered with a deeply flavorful caramelized onion sauce, and topped with melted cheese—channeling all of the qualities of French onion soup. For a saucy dish like this, toasty garlic bread is a necessity! It's the perfect side for soaking up the soup(er) sauce.



## What we send

- 1 medium yellow onion
- garlic
- 3¾ oz mozzarella <sup>7</sup>
- 2 mini French rolls <sup>1</sup>
- ¼ oz fresh thyme
- 12 oz boneless, skinless chicken breasts
- 1 pkt chicken broth concentrate
- 1 pkt Dijon mustard <sup>17</sup>
- 3 oz baby spinach

## What you need

- butter <sup>7</sup>
- olive oil
- sugar
- kosher salt & ground pepper
- apple cider vinegar (or red wine vinegar)

## Tools

- 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), Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### Nutrition per serving

Calories 790kcal, Fat 48g, Carbs 36g, Proteins 57g



### 1. Caramelize onions

Thinly slice **onion**. Heat **1 tablespoon each of butter and oil** in a medium ovenproof skillet over medium-high. Add **sliced onions, 1 teaspoon sugar, and a pinch each of salt and pepper**. Cook, stirring, until well browned, adding **1 tablespoon water** at a time, and scraping up any browned bits, 12-15 minutes. Transfer onions to a bowl. Wipe out skillet; reserve for step 3.



### 4. Make sauce

Add **sliced garlic** and **1 teaspoon oil** to same skillet. Cook, stirring, until garlic is lightly golden, about 30 seconds. Add **chopped thyme, broth concentrate, and ½ cup water**: bring to a simmer. Cook, scraping up any browned bits, until **sauce** is slightly thickened, 1-2 minutes. Return **chicken** to skillet and top with **caramelized onions** and **cheese**.



### 2. Prep ingredients

Meanwhile, thinly slice **1 large garlic clove**; reserve a second whole garlic clove for step 5. Thinly slice half of the **mozzarella**, (save rest for your own use). Halve **rolls**, drizzle cut sides with **oil**, then season with **salt** and **pepper**. Pick and finely chop **2 teaspoons thyme leaves**; discard stems.



### 5. Broil chicken & bread

Transfer skillet to top oven rack and broil until **cheese** is melted and golden brown, 2-4 minutes (watch closely as broilers vary). Carefully, remove skillet from oven. Broil **rolls** directly on top oven rack until golden brown and toasted, 1-2 minutes per side (watch closely). Remove rolls from oven and rub cut sides with **reserved whole garlic clove**.



### 3. Cook chicken

Preheat broiler with top rack 6 inches from heat source. Pat **chicken** dry. Pound to an even ½-inch thickness, if desired. Season all over with **salt** and **pepper**. Heat **2 teaspoons oil** in reserved skillet over medium-high. Add chicken and cook, until well browned and cooked through, 3-4 minutes per side. Transfer to a plate.



### 6. Make salad & serve

In a medium bowl, whisk to combine **2 tablespoons oil, 1 tablespoon vinegar, 1½ teaspoons Dijon mustard, and a pinch of sugar**. Season to taste with **salt** and **pepper**. Add **spinach**; toss to coat. Serve **chicken** with **salad** and **garlic bread** alongside. Enjoy!

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

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