

# DINNERLY



## Crispy Za'atar Chicken Cutlets with Charred Broccoli & Tahini Sauce



30-40min



2 Servings

These aren't your everyday breaded chicken cutlets—herby, zesty za'atar spice takes them to a whole 'nother level. We keep the flavor party going with charred broccoli tossed in a lemony dressing and a bright, garlicky tahini sauce to smother all over top. We've got you covered!

## WHAT WE SEND

- garlic
- ½ lb broccoli
- 1 lemon
- 1 oz pkt panko <sup>1</sup>
- ¼ oz za'atar spice blend <sup>11</sup>
- 10 oz pkg boneless, skinless chicken breasts
- 1 oz pkt tahini <sup>11</sup>

## WHAT YOU NEED

- olive oil
- red wine vinegar (or white wine vinegar)
- kosher salt & ground pepper
- 1 large egg <sup>3</sup>
- neutral oil
- sugar

## TOOLS

- microplane or grater
- rimmed baking sheet
- meat mallet (or heavy skillet)
- large skillet

## COOKING TIP

When frying, make sure your oil is hot: it should reach 350°F with an oil thermometer. Or drop a pinch of flour into the oil—it should sizzle vigorously. Careful, oil may splatter while frying!

## ALLERGENS

Wheat (1), Egg (3), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## NUTRITION PER SERVING

Calories 700kcal, Fat 49g, Carbs 25g, Protein 47g



### 1. Prep veggies & dressing

Preheat oven to 450°F with a rack in the upper third.

Finely chop **2 teaspoons garlic**. Trim stem ends from **broccoli** and cut into 1-inch florets.

Into a small bowl, finely grate **2 teaspoons lemon zest**; whisk in **1 tablespoon each of olive oil and vinegar** until combined.



### 2. Roast broccoli

On a rimmed baking sheet, toss **broccoli** with **1½ tablespoons olive oil** and **half of the chopped garlic**; season with **salt and pepper**. Roast on upper oven rack until well browned and crisp-tender, 10–12 minutes. Remove from oven and toss in with **lemon zest dressing**.

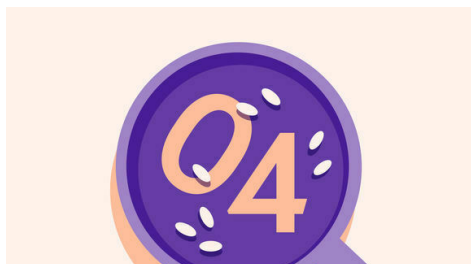


### 3. Prep breading & chicken

While **broccoli** cooks, in a large shallow bowl, whisk **1 large egg** and season with **salt and pepper**.

In a separate shallow bowl, stir together **panko** and **za'atar spice blend**; season with **salt and pepper**.

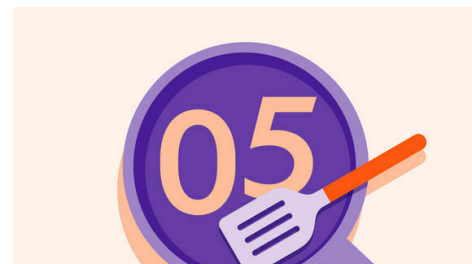
Pat **chicken** dry, then using a meat mallet or heavy skillet, pound to an even ¼-inch thickness; season all over with **salt and pepper**.



### 4. Bread & fry chicken

Dip **chicken** into **egg mixture**, letting excess drip back into bowl. Then dredge in **panko mixture**, pressing to adhere.

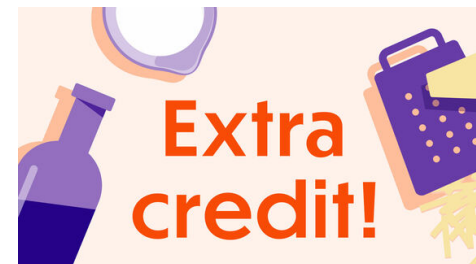
Heat **½-inch neutral oil** in a large skillet over medium-high until shimmering (oil should sizzle vigorously by adding a pinch of panko). Add chicken and cook until golden-brown and just cooked through, about 3 minutes per side. Transfer to a paper towel-lined plate.



### 5. Make sauce & serve

Into a small bowl, juice **half a lemon**; add **tahini**, **remaining garlic**, **1 tablespoon each of olive oil and water**, and a **pinch of sugar**. Thin with **1 tablespoon water** at a time, as needed. Season with **salt and pepper**. Cut **remaining lemon** into wedges.

Serve **za'atar chicken** with **charred broccoli**, **lemon wedges** for squeezing, and **tahini sauce** for dipping. Enjoy!



### 6. Carb it up!

Carbo load this dish by serving it with a side of homemade mashed potatoes!