



Parmesan-Thyme Chicken

with Roasted Romaine Salad



ca. 20min



2 Servings

We love roasting romaine—the edges of the lettuce get lightly charred, while the inside remains crisp and refreshing. Not sure how you feel about it? No problem! Skip the roasting and slice the romaine crosswise into 1-inch wide ribbons, then toss with the peppery radishes and creamy Parmesan dressing.

What we send

- ¾ oz piece Parmesan ¹
- ¼ oz fresh thyme
- garlic
- 1 oz panko (use ¼ cup) ²
- 12 oz boneless, skinless chicken breasts
- 1 romaine heart
- ¼ oz Dijon mustard
- mayonnaise (use 2 Tbsp) ^{3,4}
- 4 oz red radishes

What you need

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

Tools

- rimmed baking sheet
- box grater or microplane

Allergens

Milk (1), Wheat (2), Egg (3), Soy (4).
May contain traces of other allergens.
Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 500kcal, Fat 30g, Carbs 13g, Protein 45g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. Line a rimmed baking sheet with foil, then lightly drizzle with **oil**. Finely grate **Parmesan**. Pick and finely chop **1 teaspoon thyme leaves**; discard stems. Finely chop **1 teaspoon garlic**.



4. Broil romaine & chicken

Halve **romaine** lengthwise, then brush cut sides with **oil**; season with **a pinch each of salt and pepper**. Place on baking sheet with **chicken**, oiled sides up. Broil on upper oven rack until chicken is cooked through and romaine is browned in spots, 2-3 minutes (watch closely as broilers vary).



2. Make Parmesan-thyme panko

In a small bowl, stir to combine **chopped thyme**, **¼ cup each of the panko and Parmesan**, **1 tablespoon oil**, and **½ teaspoon of the chopped garlic**.



5. Make dressing

In a small bowl, stir to combine **Dijon**, **remaining chopped garlic and Parmesan**, **2 tablespoons mayonnaise**, **2 teaspoons each of water and oil**, and **1 teaspoon vinegar**. Season to taste with **salt and pepper**.



3. Season & bake chicken

Pat **chicken** dry, then pound to ½-inch thickness, if necessary; season all over with **salt** and **pepper**. Transfer to prepared baking sheet, then top with **Parmesan-thyme panko mixture**, pressing gently to help adhere. Bake on upper oven rack until chicken is almost cooked through and panko is lightly browned, about 10 minutes. Remove from oven. Switch oven to broil.



6. Finish & serve

Trim ends from **radishes**, then thinly slice into rounds. Serve **Parmesan-thyme chicken** with **roasted romaine salad** alongside. Top **salad** with **radishes**, then drizzle **dressing** over top. Enjoy!