

MARLEY SPOON



Low-Carb Sheet Pan Chicken Parm

with Garlic Toast & Broccoli



20-30min



2 Servings

Who says chicken Parm needs to be heavy? This Parm, while lighter on the calories is anything but light on flavor – plus, everything is cooked on a sheet pan so it's super easy to make. Tomatoes roast in the oven for concentrated tomato-sauciness, chicken gets roasted on top, and ooey-goopy cheese blankets the entire yummy affair.

What we send

- 12 oz plum tomatoes
- garlic
- 1 ciabatta roll ¹
- ½ lb broccoli
- 3.75 oz mozzarella ²
- 12 oz boneless, skinless chicken breasts

What you need

- olive oil
- kosher salt & ground pepper

Tools

- rimmed baking sheet
- medium skillet

Allergens

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

Nutrition per serving

Calories 750kcal, Fat 43g, Carbs 39g, Protein 59g



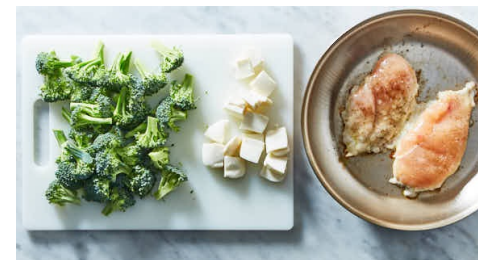
1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Cut **tomatoes** into 1-inch pieces and transfer to a bowl. Finely chop **1 teaspoon garlic**; set aside 1 large garlic clove for step 4. To tomatoes, add **2 tablespoons oil**, **½ teaspoon chopped garlic**, **½ teaspoon salt**, and **¼ teaspoon pepper**. Cut **ciabatta** into ½-inch thick slices; brush lightly with **oil**.



2. Roast tomatoes & bread

Spread **tomatoes and any juices** onto the center of a rimmed baking sheet, forming a 10-inch circle. Arrange **bread slices** around the edges of the baking sheet. Roast on center oven rack until tomatoes are broken down and juicy, and bread is lightly toasted, about 10 minutes (watch closely as ovens vary).



3. Prep broccoli & cheese

Meanwhile, trim stem end from **broccoli**, then cut crowns into 1-inch florets, if necessary. Thinly slice **mozzarella**. Pat **chicken** dry and season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken and cook on one side only until golden, about 4 minutes (chicken will not be cooked through).



4. Roast chicken Parm

Flip **bread slices** and rub with **reserved whole garlic clove**. Set **chicken**, browned side up, on top of **tomatoes**. Arrange **mozzarella** over chicken and tomatoes. Return to center oven rack and roast until chicken is cooked through, cheese is melted and browned in spots, and bread is golden, about 5 minutes.



5. Cook broccoli

Meanwhile, heat **1 tablespoon oil** in same skillet over medium-high. Add **broccoli**, **remaining chopped garlic**, **2 tablespoons water**, and a **pinch of salt**. Cover and cook until crisp-tender, 2-3 minutes. Uncover and cook until water is evaporated and broccoli is browned in spots, 2-3 minutes.



6. Finish & serve

Use a spatula to transfer **chicken Parm** to plates and serve with **broccoli** and **garlic bread** alongside. Scoop up **any pan juices** and pour over top. Enjoy!