

DINNERLY



Low-Carb Lemon-Pepper Chicken with Roasted Broccoli



20-30min



2 Servings

Knock, knock. Who's there? Justin. Justin who? Justin time for a dinner. A lemony, peppery pan-roasted chicken dinner to be exact. We've got you covered!

WHAT WE SEND

- garlic
- 1 lemon
- ½ lb broccoli
- 10 oz pkg boneless, skinless chicken breasts
- 1 pkt turkey broth concentrate

WHAT YOU NEED

- butter ⁷
- kosher salt & ground pepper
- olive oil

TOOLS

- microplane or grater
- rimmed baking sheet
- medium skillet

ALLERGENS

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

NUTRITION PER SERVING

Calories 390kcal, Fat 23g, Carbs 10g, Proteins 38g



1. Prep garlic butter & rub

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

Finely chop ¼ **teaspoon garlic**. Place in a small bowl with 1 **tablespoon butter**; set aside to soften until step 4.

Finely grate 1½ **teaspoons lemon zest** into a separate small bowl, then stir in ½ **teaspoon salt** and **several grinds of pepper**; set aside for step 3. Reserve whole lemon.



2. Roast broccoli

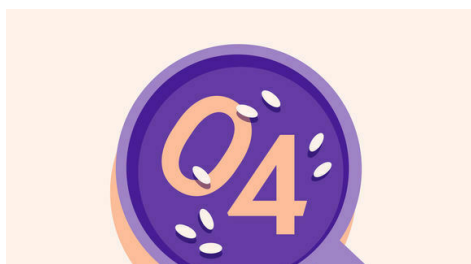
Trim ends from **broccoli**, then cut crowns into 1-inch florets. Toss on a rimmed baking sheet with 1½ **tablespoons oil**; season with **salt** and **pepper**. Roast on center oven rack until tender and browned in spots, 10–15 minutes.



3. Prep & cook chicken

Meanwhile, pat **chicken** dry, then pound to ½-inch thickness, if necessary. Rub **lemon zest mixture** all over.

Heat 2 **teaspoons oil** in a medium skillet over medium-high. Add chicken and cook until browned and cooked through, 2–3 minutes per side. Transfer to a plate and cover to keep warm until ready to serve.

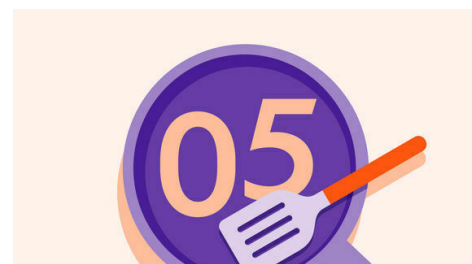


4. Make garlic butter

Using a fork, mash **chopped garlic** and **softened butter** until combined.

Toss **roasted broccoli** on baking sheet with **half of the garlic butter**.

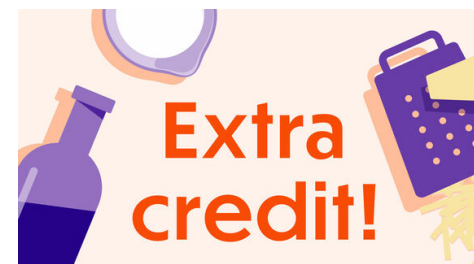
Melt **remaining garlic butter** in same skillet over medium-high heat.



5. Make pan sauce & serve

Stir **turkey broth concentrate** into skillet with **garlic butter**, scraping up any browned bits from the bottom. Squeeze in 2 **teaspoons lemon juice**, then whisk in ¾ **cup water**; bring to a boil. Cook until reduced, 2–3 minutes. Season to taste.

Serve **chicken** with **pan sauce** spooned over top and **roasted broccoli** alongside. Serve **any remaining pan sauce** for dipping. Enjoy!



6. Fries with that?

Make oven-roasted potato wedges or even simple baked potatoes as a side to help soak up the delicious pan sauce!