

# DINNERLY



## Speedy Recipe! Low-Carb Chik'n Parmesan

with Garlic Bread & Roasted Broccoli



20-30min



2 Servings

Level up your dinner menu with this PremiYUM recipe! An entire chicken Parm dinner finished in just 4 steps? No, you're not dreaming. This saucy chicken topped with fontina cheese only needs a few minutes in a skillet before we broil it all together. Meanwhile, toasty garlic bread and broccoli are roasting in the oven until the smell wafting through your kitchen becomes irresistible. We've got you covered!

#### WHAT WE SEND

- ½ lb broccoli
- ¼ oz granulated garlic
- 2 mini French rolls <sup>1</sup>
- 7 oz pkg plant-based chik'n cutlet <sup>1</sup>
- 8 oz marinara sauce
- 2 oz shredded fontina <sup>7</sup>

#### WHAT YOU NEED

- olive oil
- kosher salt & ground pepper

#### TOOLS

- rimmed baking sheet
- medium ovenproof skillet

#### ALLERGENS

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

#### NUTRITION PER SERVING

Calories 680kcal, Fat 40g, Carbs 32g, Protein 54g



#### 1. Prep ingredients

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

Cut **broccoli** into 1-inch florets, if necessary.

In a small bowl, stir together **2 tablespoons oil** and **¼ teaspoon granulated garlic**. Split **rolls**; brush or spoon **garlic oil** on cut sides.



#### 4. Finish & serve

Top **chicken** with **fontina**. Broil on upper oven rack until cheese is melted and golden-brown in spots and **sauce** is bubbling, about 3 minutes (watch closely as broilers vary). Cut **garlic bread** into slices.

Serve **chicken Parm** with **roasted broccoli**, **garlic bread**, and **remaining sauce** for dipping. Enjoy!



#### 2. Roast broccoli & bread

Toss **broccoli** with **2 tablespoons oil** on a rimmed baking sheet; generously season with **salt** and **pepper**.

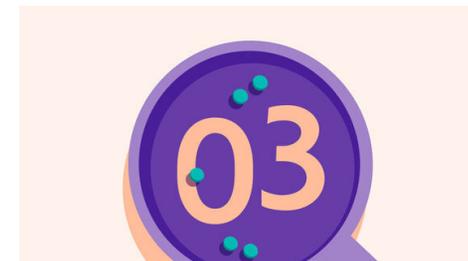
Roast on upper oven rack until tender and crisp in spots, about 10 minutes. Add **bread** to same baking sheet halfway through cooking time until lightly toasted (watch closely as it can burn easily).

Remove from oven; wrap bread in foil to keep warm. Switch oven to broil.



#### 5. ...

What were you expecting, more steps?



#### 3. Cook chicken

Heat **3 tablespoons oil** in medium ovenproof skillet over medium-high until shimmering.

Add **chik'n cutlets** and fry until golden brown, crispy, and warmed through, 2–4 minutes per side (reduce heat if browning too quickly).

Remove from heat, then pour **marinara sauce** over chicken in skillet.



#### 6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!