

# Parmesan-Crusted Chicken

*with Creamy Fettuccine & Roasted Broccoli*

**PREP TIME:** 5 minutes

**COOK TIME:** 20-30 minutes

**SERVINGS:** 4

Tonight's family-friendly recipe puts a lighter spin on fettuccine alfredo. Instead of the typical heavy cream, we're using ricotta and fromage blanc—a type of French fresh cheese—to achieve the dish's signature creaminess. We're also adding in roasted broccoli, whose texture perfectly complements our chicken's crispy, savory crust (the result of a simple flour and parmesan coating).



## BLUE APRON WINE PAIRING:

Brick & Mortar Vin Blanc, 2016

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## Ingredients



4  
BONELESS,  
SKINLESS  
CHICKEN BREASTS



3/4 lb  
FETTUCCINE  
PASTA



1/2 cup  
PART-SKIM  
RICOTTA CHEESE



4 cloves  
GARLIC



1 lb  
BROCCOLI

## KNICK KNACKS:



3 Tbsp  
ALL-PURPOSE  
FLOUR



2 Tbsp  
FROMAGE BLANC



1/4 tsp  
CRUSHED RED  
PEPPER FLAKES



2 Tbsp  
BUTTER



2 Tbsp  
GRATED  
PARMESAN  
CHEESE



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## 1 Prepare the ingredients:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Heat a large pot of salted water to boiling on high.
- ☐ Cut the broccoli into florets.
- ☐ Peel and roughly chop the garlic.

## 2 Roast the broccoli:

- ☐ Place the **broccoli** on a sheet pan. Drizzle with olive oil and season with salt and pepper; toss to thoroughly coat. Arrange in a single, even layer.
- ☐ Roast 16 to 18 minutes, or until lightly browned and tender when pierced with a fork. Remove from the oven. Season with salt and pepper to taste.



## 3 Coat the chicken:

- ☐ Once the broccoli has roasted for about 5 minutes, on a plate, combine the **flour** and **half the parmesan cheese**.
- ☐ Pat the **chicken** dry with paper towels; season with salt and pepper on both sides. Thoroughly coat the seasoned chicken in the flour-cheese mixture (tapping off any excess). Transfer to a separate plate.

## 4 Cook the chicken:

- ☐ While the broccoli roasts, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the **coated chicken** and cook 4 to 6 minutes per side, or until browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a plate.



## 5 Cook the pasta:

- ☐ While the chicken cooks, add the **pasta** to the pot of boiling water and cook 8 to 10 minutes, or until al dente (still slightly firm to the bite).
- ☐ Reserving **1 cup of the pasta cooking water**, drain thoroughly.

## 6 Finish the pasta & serve your dish:

- ☐ To the pan of reserved fond, add the **garlic** and **as much of the red pepper flakes as you'd like**, depending on how spicy you'd like the dish to be; season with salt and pepper. (If the pan seems dry, add a drizzle of olive oil.) Cook on medium-high, stirring constantly, 30 seconds to 1 minute, or until fragrant.
- ☐ Add the **cooked pasta, roasted broccoli, fromage blanc, butter** and **half the reserved pasta cooking water**. Cook, stirring vigorously, 1 to 2 minutes, or until thoroughly combined. (If the sauce seems dry, gradually add the remaining pasta cooking water to achieve your desired consistency.)
- ☐ Turn off the heat and stir in the **ricotta cheese**. Season with salt and pepper to taste.
- ☐ Divide the finished pasta among 4 dishes. Top with the **cooked chicken**. Garnish with the **remaining parmesan cheese**. Enjoy!

