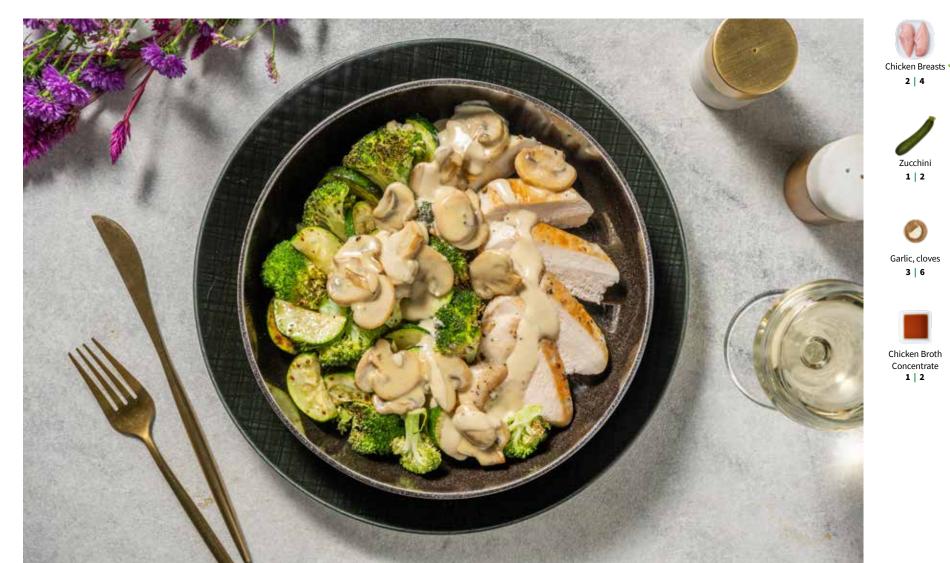


Keto Special 35 Minutes



Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information. Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

2 | 4 227 g | 454 g Zucchini Mushrooms 1 2 113 g | 227 g Garlic, cloves Cream 3 6 113 ml | 237 ml

Broccoli



Chicken Broth Concentrate 1 2



#### Pantry items | Unsalted butter, oil, salt, pepper

Cooking utensils | 2 Baking sheets, measuring spoons, parchment paper, measuring cups, large non-stick pan, paper towels



### Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **broccoli** into bite-sized pieces.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Thinly slice mushrooms.
- Peel, then mince or grate **garlic**.



### **Cook mushrooms**

- Reheat the same pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then **mushrooms**. Cook, stirring occasionally, until softened, 5-6 min.



## Roast veggies

- Add broccoli, zucchini, half the garlic and 1 tbsp oil to a parchment-lined baking sheet. (NOTE: For 4 ppl, use 2 baking sheets with a quarter of the garlic and 1 tbsp oil per sheet.) Season with salt and pepper, then toss to coat.
- Roast in the **middle** of the oven until tender, 12-14 min. (NOTE: For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



# Cook chicken

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **chicken** dry with paper towels. Season with **salt** and **pepper**.
- When the pan is hot, add ½ tbsp (1 tbsp) oil, then chicken. (NOTE: Don't overcrowd the pan; cook chicken in 2 batches if needed.) Cook until golden, 1-2 min per side.
- Transfer **chicken** to a unlined baking sheet.
- Roast in the top of the oven until chicken is cooked through, 10-12 min.\*\*



### Make sauce

- Reduce heat to medium-low, then add remaining garlic. Cook, stirring often, until fragrant, 30 sec.
- Add cream, broth concentrate and ½ cup (½ cup) water. Bring to a simmer. Cook, stirring often, until sauce thickens slightly, 2-4 min.
- Remove from the heat. Season with **salt** and **pepper**, to taste. Cover to keep warm.



## Finish and serve

- Thinly slice **chicken**.
- Divide **chicken**, **broccoli** and **zucchini** between plates.
- Spoon **mushroom sauce** over top.



Measurements

within steps

(2 tbsp)

4 person

1 tbsp

2 person

oil

Ingredient

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.