Cheesy Cheddar Broccoli & Chicken

35 minutes | 2 servings

Find cookware

baking dish
chef's knife
colander
cutting board
garlic press (optional)
grater
large pot
measuring cups
measuring spoons
mixing bowls
stainless steel sauté pan
stirring spoon

Grab ingredients

1 crown	broccoli
½ (8 oz) block	cheddar cheese
½ lb	chicken breasts, boneless skinless
½ cup	plain Greek yogurt
	black pepper
	curry powder
	garlic powder
	mayonnaise
	salt
	virgin coconut oil

Cook & enjoy

1   Preheat oven to 375°F.

2   Wash the broccoli and cut into bite-sized florets; transfer to a large pot. Fill with just enough water to cover florets and add salt to season.

   1 crown broccoli
   ½ tsp salt

3   Bring to a boil, then reduce heat to a simmer and cook until the broccoli is fork-tender, 5-6 minutes.

4   Add yogurt, mayo, curry powder, salt, pepper and garlic powder to a medium mixing bowl.

   ½ cup plain Greek yogurt
   ¼ cup mayonnaise
   ¼ tsp curry powder
   ¼ tsp salt
   ¼ tsp black pepper
   ¼ tsp garlic powder

5   Coarsely grate the cheddar, set aside.

   ½ (8 oz) block cheddar cheese

6   When broccoli is done, drain well in a colander and add to a baking dish.

7   Pour yogurt mixture over broccoli and top with cheddar cheese. Bake in the oven for 10 minutes.

8   While broccoli mixture cooks, heat a skillet over medium-high heat.

9   Pat the chicken breasts dry with paper towel and place on a plate; season with salt and pepper on both sides.

   ½ lb chicken breasts, boneless skinless
   1 pinch salt
   1 pinch black pepper

10   Once the skillet is hot, add oil and swirl to coat the bottom.
   1 tsp virgin coconut oil

11 Carefully place the chicken breasts in the skillet; cook until the chicken is golden brown and cooked through, 4-5 minutes per side.

12 To serve, divide broccoli and chicken between plates. Enjoy!