



HOME CHEF

# Chicken Divan in Parmesan Cream Sauce

With Broccoli Stuffing and Roasted Radishes



Chicken divan has some classy roots: it's named after the Divan Parisienne Restaurant at the Chatham Hotel in New York, where it was first conceived and enjoyed by patrons of the hotel. Ours is an update on the traditional; rather than a casserole, we've pounded our chicken flat and stuffed it with broccoli, Parmesan, and parsley. It's served in a rich cream sauce with a side of roasted radishes for good measure.

## OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



DAYS BEST COOKED BY

## NUTRITION

Calories: 537  
Carbohydrates: 20g  
Fat: 21g  
Protein: 65g  
Sodium: 562mg  
*per serving*

## DIETARY



LOW CALORIE



LOW CARB



GLUTEN-FREE



NUT-FREE



SOY-FREE

## DRINK PAIRING

You can go with red or white wines for this dish; a light red like Sangiovese, heavier white like Chardonnay, or an IPA beer all fit the bill for Chicken Divan.

## INGREDIENTS

3 oz. Broccoli  
10 oz. Radishes  
.1 oz. Parsley Sprigs  
12 oz. Chicken Breasts  
1¾ oz. Parmesan Cheese,  
Grated  
3 Butcher's Twine  
1 oz. Butter  
1 tsp. Sugar  
6 oz. Evaporated Milk,  
Canned

## WHAT YOU NEED

Olive Oil  
Salt  
Pepper  
Cooking Spray

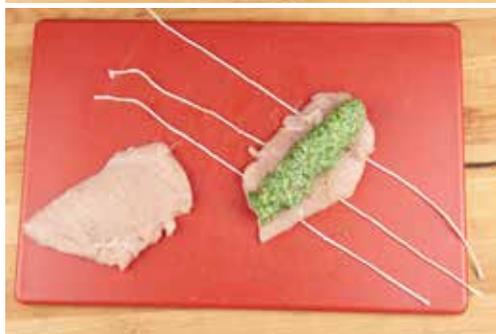
## EQUIPMENT

Baking Sheet  
Wire-Mesh Strainer  
Mixing Bowl  
Medium Non-Stick Pan

## DID YOU KNOW?

You can review our recipes and share feedback by visiting the "Order History" tab on your online account.

Discover more  
recipes at  
[homechef.com](https://www.homechef.com)



## Prepare the Ingredients and Start the Stuffing

Preheat oven to 375 degrees, line a baking sheet with foil, and place a wire-mesh strainer in the sink. Lightly coat foil with **cooking spray**. Thoroughly rinse produce and pat dry. Place **broccoli** florets in a medium non-stick pan with 1 cup **lightly salted water**. Cook over high heat for 5 minutes. While broccoli is cooking, trim and halve **radishes**. Stem and mince **parsley**. Rinse **chicken** and pat dry.

## Make the Stuffing

Drain **broccoli** through a strainer and run under cold water to cool. Chop *very* finely, return to strainer, and squeeze to remove excess moisture (spending a minute or two removing excess water and chopping the broccoli finely helps improve the stuffing's consistency immensely.) Mix chopped broccoli in a bowl with **half the Parmesan cheese**, **half the parsley**, 1 tsp. **olive oil**, and a pinch of **salt and pepper**. Compress **stuffing** with your hands to form into an oblong shape and set aside.

## Pound and Stuff Chicken

Place **chicken breasts** on a cutting board and cover with plastic wrap. Using a meat mallet or small pan, pound chicken to an even ½" thickness. Remove plastic wrap and season both sides with **salt and pepper**. Lay a breast over 3 lengths of **twine**. Place **stuffing** oblong on **chicken breast**, leaving a ½" border at edges. Place the **2nd breast** over filling and secure by tying twine around **stacked chicken breasts**. Make sure twine is tied tight enough to form a cylinder, but not so tight the stuffing is forced out the ends.

## Cook Chicken and Radishes

Heat same pan used for broccoli over medium-high heat. Add 2 tsp. **olive oil** and **stuffed chicken** to pan and cook for 3-4 minutes on each side, or until golden brown. Transfer to prepared baking sheet to finish cooking. Return pan to high heat and add **butter**, **radishes**, **sugar**, and a pinch of **salt and pepper**. Cook 3-5 minutes until slightly caramelized. Transfer radishes to same baking sheet as chicken and roast for 15-20 minutes, or until chicken reaches 165 degrees. Transfer to cutting board to rest for 5 minutes before removing the twine.

## Make the Sauce

While chicken and radishes are roasting, you have a little time here to get a jump start on dishes, or just chill with some wine. When chicken is almost done, return same pan to medium heat and add **evaporated milk** and **remaining Parmesan**. Cook for 1-2 minutes, stirring occasionally, until cheese completely melts and sauce thickens. Season to taste with **salt and pepper**. Starting the sauce later ensures it's nice and hot for plating.

## Plate the Dish

Remove **twine** from **chicken** and cut into ¾" slices. Pour **sauce** on plate and arrange chicken slices over sauce. Place roasted **radishes** next to chicken and garnish with remaining **parsley**. New to roasted radishes? Roasting in butter and sugar mellows their peppery bite and makes them juicy and thoroughly delicious.