

# Garlic Chicken and Broccoli with Lemon

By Christian Reynoso

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David Malosh for The New York Times. Food Stylist: Rebecca Jurkevich.

**Total Time** 30 minutes  
**Prep Time** 10 minutes  
**Cook Time** 20 minutes  
**Rating** ★★★★★ (525)

Golden seared chicken, florets of broccoli and a quick pan sauce made of garlic, anchovy and lemon, create a weeknight meal that evokes the flavors of Caesar salad. Parmesan is grated over everything, adding richness. Serve this with [garlic bread](#) or [torn croutons](#) to add crunch and help soak up the sauce. If you'd like to double this recipe, cooking the broccoli separately from the chicken is the key to success.

## INGREDIENTS

**Yield:** 2 servings

2 boneless, skinless chicken breasts, patted dry  
Salt and pepper  
4 tablespoons olive oil  
1 tablespoon unsalted butter  
1 small head broccoli (about  $\frac{3}{4}$  pound), cut into bite-sized florets, stem cut into  $\frac{1}{2}$ -inch slices on the diagonal  
4 garlic cloves, chopped  
2 to 3 oil-packed anchovies (to taste), drained and chopped  
2 tablespoons lemon juice  
Parmesan, for serving



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## PREPARATION

### Step 1

Season the chicken breasts with salt and pepper and set aside.

### Step 2

In a large (12-inch) skillet with a lid, heat 2 tablespoons olive oil and the butter over medium-high. Once the butter is melted and bubbling, add the chicken breasts, smooth side down, partially

covering the pan to contain the splatter, and sear until golden, about 3 minutes. Flip the chicken, cover with the lid, turn heat down to medium-low and cook for 5 minutes.

### **Step 3**

Add the broccoli to the pan, tucking it in between the chicken. Cover and continue cooking until chicken is cooked through and broccoli is slightly tender, 6 to 9 minutes. Transfer broccoli to a serving plate and chicken to a cutting board.

### **Step 4**

Add the remaining 2 tablespoons of olive oil to the pan, then stir in the garlic and anchovies. Once they start sizzling, after about 1 minute, add ¼ cup water along with the lemon juice and scrape up the browned bits from the bottom of the pan. Bring to a simmer, then turn off heat.

### **Step 5**

To serve, slice the chicken on the diagonal and arrange on the plate with the broccoli. Spoon the pan sauce on top and grate or shave Parmesan over everything.

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### **Private Notes**

*3 weeks ago*

Mince the garlic; double the sauce; finely shave the parm, used anchovy paste instead of anchovy

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