



In your box

2 Tbsp. Italian Panko Blend
1 Tbsp. Cornstarch
1 Tbsp. Roasted Red Pepper Pesto
1 oz. Smoked Almonds
8 oz. Cauliflower Florets
8 oz. Carrot
1 tsp. Chimichurri Seasoning
1 oz. Sour Cream
.42 oz. Mayonnaise

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
12 oz. Salmon Fillets
12 oz. Sirloin Steaks

*Contains: milk, eggs, wheat, soy, tree nuts (almonds)

You will need

Olive Oil, Salt, Pepper, Cooking Spray
3 Mixing Bowls, Baking Sheet



Smoked Almond-Crusted Chicken

with red pepper cauliflower and carrots

NUTRITION per serving—Calories: 584, Carbohydrates: 27g, Fat: 32g, Protein: 43g, Sodium: 1502mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

30-40 min.

Cook Within

5 days

Difficulty Level

Easy

Spice Level

Not Spicy

Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **chimichurri seasoning**

Customize It Instructions

- If using **salmon**, pat dry and season flesh side with a pinch of **salt** and **pepper**. In Step 2, roast vegetables in hot oven, 6 minutes. Follow same instructions as chicken in Step 3, topping flesh side and roast until salmon reaches minimum internal temperature, 13-15 minutes.
- If using **steak**, follow same instructions as chicken in Step 1. In Step 2, roast vegetables in hot oven, 6 minutes. Follow same instructions as chicken in Step 3, roasting until steak reaches minimum internal temperature, 12-16 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°

1

Prepare the Ingredients

- Coarsely chop **almonds**.
- Cut **cauliflower** into bite-sized pieces, if necessary.
- Peel, trim, and cut **carrot** into $\frac{1}{2}$ " slices on an angle.
- In a mixing bowl, combine **cornstarch** and 2 tsp. **cold water**. Set aside.
- Pat **chicken breasts** dry, and season both sides with $\frac{1}{4}$ tsp. **salt** and a pinch of **pepper**.

3

Roast the Chicken and Cauliflower

- In another mixing bowl, combine **panko**, **almonds**, and 2 tsp. **olive oil**.
- Stir **cornstarch-water mixture** again to recombine.
- Place **chicken** on empty half of baking sheet, and top evenly with cornstarch-water, then panko-almond mixture, pressing gently to adhere. Wipe bowl used for panko-almond mixture clean and reserve.
- Roast in hot oven until **vegetables** are tender and chicken reaches a minimum internal temperature of 165 degrees, 18-22 minutes.
- While chicken roasts, make sauce.



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Make the Sauce

- In mixing bowl used for panko, combine **sour cream**, **mayonnaise**, remaining **chimichurri seasoning**, and a pinch of **pepper**. Set aside.

2

Season the Vegetables

- In another mixing bowl, combine **cauliflower**, **carrot**, **pesto**, 1 Tbsp. **olive oil**, half the **chimichurri seasoning** (reserve remaining for sauce), $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into cauliflower.
- Place vegetables on one side of prepared baking sheet and spread into a single layer on their half.

5

Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **sauce**. Bon appétit!

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