



In your box

- 2 Garlic Cloves
- 1 Puff Pastry Dough Square
- 2 oz. Baby Spinach
- 2 Zucchini
- 1 Shallot
- 1 Yellow Squash
- 1 oz. Feta Cheese Crumbles
- 1 tsp. Chimichurri Seasoning
- 1 oz. Light Cream Cheese

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Baking Sheet, Large Non-Stick Pan, Mixing Bowl



Staff Pick

Greek Spinach and Feta Chicken

with zucchini and yellow squash

NUTRITION per serving—Calories: 528, Carbohydrates: 28g, Fat: 27g, Protein: 48g, Sodium: 1564mg.

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

40-50 min.

Cook Within

4 days

Difficulty Level

Intermediate

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 **450 degrees**
- Prepare a baking sheet with foil and cooking spray
- Refrigerate **puff pastry** until ready to use



1

Prepare the Ingredients

- Remove **puff pastry** from refrigerator. Using the back of a knife, draw a set of diagonal lines on puff pastry, ½" apart. Draw another set of lines in the opposite direction. Halve puff pastry and refrigerate again.
- Trim **zucchini** and **yellow squash** ends, quarter, and cut into ½" pieces.
- Coarsely chop **spinach**.
- Peel and halve **shallot**. Slice thinly.
- Mince **garlic**.
- Pat **chicken** dry, and season both sides with a pinch of **salt** and **pepper**.



2

Make the Topping

- Place a large non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **garlic** to hot pan and stir often until aromatic, 30-60 seconds.
- Add **spinach** and stir often until wilted, 1-2 minutes.
- Remove from burner. Transfer garlic and spinach to a mixing bowl and add **cream cheese**, **feta**, and a pinch of **salt** and **pepper**. Thoroughly combine and set aside.
- Wipe pan clean and reserve.



3

Start the Chicken

- Return pan used to make topping to medium-high heat and add 1 tsp. **olive oil**.
- Add **chicken breasts** to hot pan and sear until browned, 2-3 minutes per side.
- Transfer chicken to prepared baking sheet. Wipe pan clean and reserve.



4

Finish the Chicken

- Divide **topping** evenly on **chicken**.
- Remove **puff pastry** from refrigerator. Carefully, stretch puff pastry over chicken and topping, tucking ends under.
- Bake in hot oven until pastry is golden brown and chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- While chicken bakes, cook vegetables.



5

Cook Vegetables and Finish Dish

- Return pan used to sear chicken medium-high heat and add 2 tsp. **olive oil**.
- Add **zucchini**, **yellow squash**, and **shallot** to hot pan. Stir often until browned and tender, 6-8 minutes.
- Remove from burner. Stir in **seasoning blend**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Plate dish as pictured on front of card. Bon appétit!