



In your box

- ½ oz. Dijon Mustard
- .125 oz. Oregano
- 4 oz. Grape Tomatoes
- 1 Shallot
- 2 oz. Grated Parmesan
- ¼ cup Panko Breadcrumbs
- ½ oz. Balsamic Vinegar
- 5 oz. Spring Mix

Customize It Options

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

*Contains: milk, wheat

You will need

- Olive Oil, Salt, Pepper
- 2 Mixing Bowls, Medium Oven-Safe Non-Stick Pan



Parmesan-Crusted Chicken

with spring mix and balsamic vinaigrette

NUTRITION per serving—Calories: 598, Carbohydrates: 20g, Fat: 32g, Protein: 52g, Sodium: 1611mg.

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

25-35 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**
- Ingredient(s) used more than once: **Dijon**

Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Steps 1 and 4, cooking undisturbed, 2-3 minutes. Flip, add **Parmesan crust**, and roast in hot oven until pork reaches a minimum internal temperature of 145 degrees, 6-8 minutes.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Stem and mince **oregano**.
- Halve **tomatoes**.
- Peel and slice **shallot** into very thin rounds.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.



2

Make the Parmesan Crust

- Thoroughly combine **Parmesan**, **panko**, 2 tsp. **olive oil**, and a pinch of **pepper** in a mixing bowl. Set aside.



3

Make the Balsamic Vinaigrette

- In another mixing bowl, combine $\frac{1}{3}$ the **Dijon** (reserve remaining for chicken), **balsamic vinegar**, **oregano**, $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper**.
- Slowly pour in 2 Tbsp. **olive oil** while whisking or stirring vigorously until thoroughly combined. Set aside.



4

Cook the Chicken

- Place a medium oven-safe non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **chicken** to hot pan. Cook undisturbed until browned, 2-3 minutes on one side.
- Flip chicken, and remove pan from burner. Top chicken with remaining **Dijon** and top with **Parmesan crust**.
- Place pan in hot oven and roast until crust has lightly browned and chicken reaches a minimum internal temperature of 165 degrees, 8-12 minutes.
- Carefully remove from oven and rest chicken, 5 minutes.
- While chicken rests, make salad.



5

Make Salad and Finish Dish

- Add **spring mix**, **shallot** (to taste), and **tomatoes** to bowl with **balsamic vinaigrette**. Toss or gently stir to combine.
- *If desired, slice chicken into $\frac{1}{2}$ " pieces.*
- Plate dish as pictured on front of card. Bon appétit!