

LIMITED TIME ONLY
Check Out Our
Exclusive Program



FOR MORE INFO

skinnytaste
with HOME CHEF



In your box

1 oz. Shredded Parmesan Cheese
.3 oz. Butter
12 oz. Asparagus
2 Garlic Cloves
2 tsp. Chicken Demi-Glace Concentrate
2 oz. Sofrito Sauce

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
12 oz. Sirloin Steaks
14 oz. Duroc Boneless Pork Chops
13 ½ oz. Organic Boneless Skinless Chicken Breasts
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk

You will need

Olive Oil, Salt, Pepper
Medium Non-Stick Pan,
Large Non-Stick Pan

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

15 Minute Meal Kit



Chicken Breast with Garlic Demi-Glace and Parmesan asparagus

NUTRITION per serving—Calories: 504, Carbohydrates: 14g, Sugar: 5g, Fiber: 4g, Protein: 48g, Sodium: 1220mg, Fat: 29g, Saturated Fat: 8g
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

15 min.

Cook Within

4 days

Difficulty Level

Easy

Spice Level

Mild

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry



1. Cook the Chicken

- Pat chicken dry, and season both sides with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add chicken breasts to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove from burner. Remove chicken to a plate and tent with foil.
- While chicken cooks, cook asparagus.



2. Cook the Asparagus

- Trim woody ends off **asparagus**.
- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add asparagus, 2 Tbsp. **water**, and a pinch of **salt** and **pepper** to hot pan. Stir occasionally until tender and water is evaporated, 8-10 minutes.
- Stir in **sofrito sauce** and remove from burner. Transfer asparagus to a plate. Reserve pan; no need to wipe clean.



3. Make the Sauce

- Mince **garlic**.
- Return pan used to cook asparagus to medium heat. Add 1 tsp. **olive oil** and garlic to hot pan. Stir constantly until aromatic, 30-60 seconds.
- Add **demi-glace** and 2 Tbsp. **water**. Bring to a simmer.
- Once simmering, remove from burner and swirl in **butter**.



4. Finish the Dish

- Plate dish as pictured on front of card, spooning **sauce** over **chicken** and garnishing **asparagus** with **Parmesan**. Bon appétit!