



In your box

- 5 oz. Baby Spinach
- 12 oz. Red Potatoes
- 1 oz. Roasted Red Tomatoes
- ¼ cup Italian Panko Blend
- 1 tsp. Garlic Pepper
- ½ oz. Grated Parmesan
- 1 oz. Butter

Customize It Options

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

You will need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Non-Stick Pan, Baking Sheet, Mixing Bowl, Large Non-Stick Pan

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

Classic Meal Kit



Roasted Tomato Chicken Kiev

with Parmesan spinach and roasted garlic red potatoes

NUTRITION per serving—Calories: 649, Carbohydrates: 44g, Sugar: 3g, Fiber: 5g, Protein: 46g, Sodium: 1395mg, Fat: 32g, Saturated Fat: 11g
 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
45-55 min.

Cook Within
5 days

Difficulty Level
Easy

Spice Level
Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Turn oven on to **450 degrees**. Let preheat, at least 10 minutes.
- Set **butter** on counter to soften
- Prepare a baking sheet with foil and cooking spray



1. Roast the Potatoes

- Quarter **potatoes**. If quarters are larger than 2", halve.
- Place potatoes on prepared baking sheet and toss with 2 tsp. **olive oil** and **garlic pepper**.
- Spread into a single layer and roast in hot oven until potatoes are tender and browned, 20-25 minutes, flipping once halfway through.
- While potatoes roast, prepare chicken.



2. Prepare the Chicken

- Pat **chicken** dry.
- On a separate cutting board, cover chicken with plastic wrap and pound with a heavy object into an even 1/3" thickness. Feel free to use a disposable gallon-size bag instead of plastic wrap.
- Unwrap chicken. Season on both sides with ¼ tsp. **salt** and a pinch of **pepper**.
- Place **panko** on a plate. Transfer chicken to plate with panko, and coat one side, pressing gently to adhere.

Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Steps 2 and 3, cooking until pork reaches minimum internal temperature, 5-7 minutes. Rest, 3 minutes.



3. Cook the Chicken

- Line a plate with a paper towel.
- Place a large non-stick pan over medium heat and add 1 Tbsp. **olive oil**.
- Shake off any excess panko and carefully add **chicken**, panko side down, to hot pan. Cook until golden brown and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove chicken to towel-lined plate.
- While chicken cooks, cook spinach.



4. Cook the Spinach

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **spinach** to hot pan and stir often until wilted, 1-2 minutes.
- Remove from burner. Stir in **cheese** and a pinch of **salt** and **pepper**.



5. Make Butter and Finish Dish

- Coarsely chop **roasted tomatoes**.
- Combine **butter**, tomatoes, and a pinch of **pepper** in a mixing bowl.
- Plate dish as pictured on front of card, garnishing **chicken** with **butter**. Bon appétit!