



### In your box

- 6 oz. Fingerling Potatoes
- ½ fl. oz. Brewpub Style Mustard
- 6 fl. oz. Canola Oil
- 1 oz. Shredded White Cheddar Cheese
- 4 oz. Cremini Mushrooms
- 6 oz. Broccoli Florets
- 6 Chive Sprigs
- ½ cup Panko Breadcrumbs
- 4 fl. oz. Cream Sauce Base

### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

\*Contains: milk, eggs, wheat, soy

### You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, Small Pot, Large Non-Stick Pan

### Minimum Internal Protein Temperature

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

Culinary Collection



# Panko-Crusted Chicken and Pub-Style Mustard Cream Sauce

with white cheddar potatoes, broccoli, and mushrooms

NUTRITION per serving—Calories: 822, Carbohydrates: 41g, Sugar: 6g, Fiber: 5g, Protein: 50g, Sodium: 1668mg, Fat: 52g, Saturated Fat: 14g  
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

**35-45 min.**

Cook Within

**5 days**

Difficulty Level

**Intermediate**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **425 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **chives**



### 1. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces, if necessary.
- Mince **chives**.
- Quarter **mushrooms**.
- Cut **potatoes** into ¼" rounds.



### 2. Roast the Vegetables

- Place **broccoli**, **potatoes**, and **mushrooms** on prepared baking sheet and toss with 2 tsp. **olive oil**, ½ tsp. **salt**, and a pinch of **pepper**. Massage oil, salt, and pepper into vegetables.
- Spread into a single layer and roast in hot oven until tender, 15-17 minutes.
- While vegetables roast, prepare chicken.



### 3. Prepare the Chicken

- Pat **chicken breasts** dry.
- Cover chicken with plastic wrap. You may also use a gallon bag for easier clean-up. Pound with a heavy object to an even ¼" thickness.
- Remove plastic wrap and drizzle chicken on both sides with 1 tsp. **olive oil**. Coat both sides evenly with **panko**, pressing gently to adhere.



### 4. Cook the Chicken

- Place a large non-stick pan over medium heat and add **canola oil**. Let heat, 5 minutes.
- While oil heats, line a plate with a paper towel.
- After 5 minutes, test oil temperature by adding a pinch of **panko** to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.
- Carefully place **chicken** in hot oil and cook until chicken is golden brown and reaches a minimum internal temperature of 165 degrees, 3-4 minutes per side.
- Remove chicken to towel-lined plate.



### 5. Make Sauce and Finish Dish

- Place a small pot over medium heat.
- Add **cream sauce base**, **mustard**, 1 tsp. **water**, and a pinch of **salt** and **pepper** to hot pot. Bring to a simmer, stirring often.
- Once simmering, remove from burner. Stir in half the **chives** (reserve remaining for garnish).
- Plate dish as pictured on front of card, topping **chicken** with sauce and garnishing **vegetables** with **cheese** and remaining chives. Bon appétit!