



In your box

- 2 tsp. Sun-Dried Tomato Pesto
- ½ oz. Grated Parmesan
- 4 fl. oz. Cream Sauce Base
- 1 Red Bell Pepper
- 1 oz. Shredded Mozzarella
- 6 oz. Broccoli Florets
- 4 oz. Cremini Mushrooms

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk

You will need

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

Minimum Internal Protein Temperature

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

Culinary Collection



Mozzarella and Mushroom-Stuffed Chicken

with roasted broccoli and red peppers

NUTRITION per serving—Calories: 520, Carbohydrates: 18g, Sugar: 8g, Fiber: 4g, Protein: 50g, Sodium: 1554mg, Fat: 28g, Saturated Fat: 12g
 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

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



1. Prepare the Ingredients

- Coarsely chop **mushrooms**.
- Cut **broccoli** into bite-sized pieces.
- Stem, seed, remove ribs, and cut **red bell pepper** into ½" slices.



2. Prepare the Chicken

- In a mixing bowl, combine **mushrooms**, **mozzarella**, **Parmesan**, and a pinch of **salt** and **pepper**.
- Pat **chicken breasts** dry. Cover chicken with plastic wrap and pound with a heavy object to an even ¼" thickness.
- Remove plastic wrap. Season chicken on both sides with a pinch of salt and pepper.
- Top chicken evenly with 1/3 cup mushroom-cheese mixture. *There may be filling left over. Starting at the narrow end, gently roll chicken up. Don't worry if the chicken tears.* Set aside, seam-side down.



3. Sear the Chicken

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**.
- Place **rolled chicken** in hot pan, seam-side down. Sear undisturbed until sealed and beginning to brown, 2-3 minutes per side.
- Remove from burner.



4. Finish the Chicken and Vegetables

- Place **broccoli** and **red bell pepper**, on prepared baking sheet and toss with 1 tsp. **olive oil** and ¼ tsp. **salt**. Spread into a single layer on one side.
- Transfer **seared chicken** to empty half. Reserve pan; no need to wipe clean.
- Roast in hot oven until vegetables are tender and chicken reaches a minimum internal temperature of 165 degrees, 16-18 minutes.
- Rest roasted chicken, 3 minutes. *If desired, cut chicken into ½" slices*
- While chicken rests, make sauce.



5. Make Sauce and Finish Dish

- Return pan used to sear chicken to medium-high heat.
- Add **cream sauce base**, **sun-dried tomato pesto**, and a pinch of **pepper** to hot pan. Bring to a simmer.
- Once simmering, stir often until combined and thickened, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, placing **chicken** on sauce. Bon appétit!