



In your box

- ½ oz. Grated Parmesan
- 2 Green Onions
- 2 oz. Baby Spinach
- .14 oz. Lemon Juice
- 1 tsp. Cornstarch
- 2 Tbsp. Italian Panko Blend
- 2 oz. Sour Cream
- 1 tsp. Black Garlic Seasoning
- 12 oz. Mashed Potatoes

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Sirloin Steaks
- 12 oz. Salmon Fillets

*Contains: milk, wheat

You will need

- Olive Oil, Salt, Pepper
- 2 Medium Non-Stick Pans,
- 2 Mixing Bowls

Minimum Internal Protein Temperature

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

15 Minute Meal Kit



Crispy Chicken and Black Garlic Crema

with Rockefeller mashed potatoes

NUTRITION per serving—Calories: 588, Carbohydrates: 37g, Sugar: 4g, Fiber: 4g, Protein: 47g, Sodium: 1689mg, Fat: 25g, 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

15 min.

Cook Within

4 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
- Ingredient(s) used more than once: **green onions**



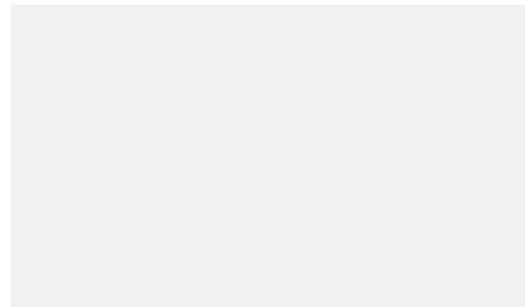
1. Cook the Chicken

- Pat **chicken breasts** dry, and season both sides with a pinch of **pepper**.
- Combine **cornstarch** and 1 tsp. **water** in a mixing bowl. Top chicken evenly with cornstarch mixture, then **panko**, pressing gently to adhere.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add chicken breasts to hot pan, panko-side down, and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- While chicken cooks, prepare ingredients.



3. Make the Potatoes

- Place another medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **spinach**, **white portions of green onions**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir often until wilted, 1-2 minutes.
- Add **mashed potatoes** and stir occasionally until warmed through and combined, 2-3 minutes.
- Remove from burner.



2. Prepare Ingredients and Make Crema

- Coarsely chop **spinach**.
- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Combine **sour cream**, **lemon juice**, **seasoning blend**, and green portions of green onions in another mixing bowl. Set aside.



4. Finish the Dish

- Plate dish as pictured on front of card, garnishing **chicken** with **crema** and topping **mashed potatoes with cheese**. Bon appétit!

Customize It Instructions

- If using **salmon**, pat dry and season flesh side with a pinch of **pepper**. Coat flesh side, then cook, panko side up first, until browned and salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **sirloin**, pat dry and season both sides with a pinch of pepper. Coat one side, then cook, panko side down first, until browned and steak reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes.