



In your box

- 1 oz. Roasted Garlic & Herb Butter
- 1 Shallot
- 1 oz. Light Cream Cheese
- ¼ oz. Parsley
- ¾ oz. Smoked Almonds
- ¼ cup Italian Panko Blend
- 1 oz. Goat Cheese
- 8 oz. Asparagus
- 12 oz. Yukon Potatoes

Customize It Options

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

*Contains: milk, wheat, soy, tree nuts (almonds)

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Medium Non-Stick Pan, Baking Sheet, 2 Mixing Bowls

Minimum Internal Protein Temperature

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

Culinary Collection



Smoked Almond and Herbed Goat Cheese Stuffed Chicken Breast

with roasted potatoes and asparagus

NUTRITION per serving—Calories: 734, Carbohydrates: 47g, Sugar: 6g, Fiber: 6g, Protein: 49g, Sodium: 1379mg, Fat: 37g, 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
50-60 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

- Halve **potatoes** and cut into ½" pieces.
- Mince **parsley**, leaves and stems.
- Coarsely chop **almonds**.
- Trim woody ends off **asparagus**.
- Peel and halve **shallot**. Slice halves into thin strips.



2. Prepare the Chicken

- Place **panko** on a plate or in a shallow bowl. In a mixing bowl, combine **cream cheese**, **goat cheese**, **almonds**, **parsley**, and a pinch of **pepper**. Form cheese mixture into two evenly-sized logs.
- Pat **chicken breasts** dry. Cover chicken with plastic wrap and pound with a heavy object to an even ¼" thickness. Remove plastic wrap and season chicken on both sides with a pinch of **salt** and pepper.
- Place cheese log on center of chicken. Starting at the narrow end, gently roll chicken up. *Don't worry if the chicken tears.*
- Place rolled chicken on panko and flip or roll until evenly and completely coated. Set aside chicken, seam-side down.

Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Steps 2 and 4, cooking until pork reaches minimum internal temperature, 5-8 minutes per side. Rest, 3 minutes.



3. Start the Potatoes

- Place **potatoes** on one side of prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into potatoes.
- Spread into a single layer on their side. Roast in hot oven, 15 minutes.
- Remove from oven. Potatoes will finish cooking in a later step.
- While potatoes roast, cook chicken.



4. Cook the Chicken

- Heat 2 tsp. **olive oil** in a medium non-stick pan over medium heat.
- Add **chicken** to hot pan, seam side down. Cook until chicken reaches a minimum internal temperature of 165 degrees, 6-9 minutes per side.
- *If chicken gets too brown, lower heat to medium-low. Add more oil if needed.*
- Remove from burner. Remove chicken to a plate and tent with foil.



5. Finish Vegetables and Finish Dish

- In another mixing bowl, combine **asparagus**, **shallot**, 1 tsp. **olive oil**, and a pinch of **salt** and **pepper**.
- Transfer asparagus and shallot to empty side of baking sheet and spread into a single layer on the side. *Baking sheet will be hot! Use a utensil.*
- Roast again until **potatoes** are fork-tender, 8-10 minutes.
- Plate dish as pictured on front of card, topping potatoes with **garlic and herb butter**. Bon appétit!