



In your box

- 12 oz. Broccoli Florets
- 1 Shallot
- 2 Garlic Cloves
- 4 oz. Grape Tomatoes
- 1 Lemon
- ¼ oz. Parsley
- ½ oz. Grated Parmesan

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 12 oz. Salmon Fillets
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)

*Contains: milk

You will need

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

Minimum Internal Protein Temperature

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

Classic Meal Kit



Chicken Paillard

with broccoli and lemony garlic-tomato sauce

NUTRITION per serving—Calories: 549, Carbohydrates: 21g, Sugar: 8g, Fiber: 6g, Protein: 47g, Sodium: 1539mg, Fat: 32g, Saturated Fat: 5g
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 **400 degrees**
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **salmon**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Skip pounding step. Follow same instructions as chicken in Step 4, cooking, skin side up first, until salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **ribeye**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions as chicken in Step 4 (skipping Step 3), cooking until steak reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. Halve to serve.
- If using **NY strip steak**, pat dry and season both sides with a pinch of salt and pepper. Follow same instructions as chicken in Step 4 (skipping Step 3), cooking until steak reaches minimum internal temperature, 7-10 minutes per side. Rest, 3 minutes. Halve to serve.



1. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Halve **tomatoes**.
- Zest **lemon**, halve, and juice.
- Mince **parsley** (no need to stem).
- Peel and halve **shallot**. Cut into ½" slices.
- Thinly slice **garlic**.



2. Roast the Broccoli

- Place **broccoli** and **shallot** on prepared baking sheet and toss with 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper**. Massage oil and seasoning into broccoli.
- Spread into a single layer. Roast in hot oven until tender and browned, 14-16 minutes.
- While broccoli roasts, prepare chicken.



3. Prepare the Chicken

- Pat **chicken breasts** dry.
- Cover chicken with plastic wrap. You may also use a *gallon freezer bag*. Using a heavy object, gently pound to an even ¼" thickness.
- Remove plastic wrap. Season chicken on both sides with ¼ tsp. **salt** and ¼ tsp. **pepper**.



4. Cook Chicken and Tomato Sauce

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **chicken** to hot pan and cook undisturbed until browned, 2-3 minutes.
- Lower heat to medium. Flip chicken, and immediately transfer to a plate. Add 2 Tbsp. olive oil and **garlic** to pan and stir constantly until fragrant, 30 seconds.
- Add **tomatoes**, 1 Tbsp. **lemon juice**, ¼ tsp. **salt**, chicken (browned-side up), and **any accumulated juices**. Cook until chicken reaches a minimum internal temperature of 165 degrees, 3-5 minutes.
- Remove from burner. Sprinkle on **parsley**, **lemon zest** (to taste), and **Parmesan**.



5. Finish the Dish

- Plate dish as pictured on front of card, placing **tomato sauce** on **chicken**. Bon appétit!