



### In your box

- 4 oz. Cremini Mushrooms
- 2 tsp. Chicken Broth Concentrate
- 1 oz. Light Cream Cheese
- 1 tsp. Smokehouse Maple Seasoning
- ¼ oz. Flour
- 1 Puff Pastry Dough Square
- 1 oz. Marsala Cooking Wine
- 1 oz. Shredded Parmesan Cheese
- 12 oz. Brussels Sprouts

### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Filets Mignon
- 12 oz. Sirloin Steaks

\*Contains: milk, wheat

### 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	

Culinary Collection



## Chicken Marsala en Croûte

with roasted Brussels sprouts

NUTRITION per serving—Calories: 620, Carbohydrates: 30g, Sugar: 6g, Fiber: 6g, Protein: 51g, Sodium: 1590mg, Fat: 32g, Saturated Fat: 9g  
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

40-50 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 generously coat with **cooking spray**
- Refrigerate **puff pastry** until ready to use
- Ingredient(s) used more than once: **Parmesan**



## Customize It Instructions

- If using **sirloin steaks**, follow same instructions as chicken in Steps 1, 2, 3, and 4, searing on one side until browned, 2-3 minutes, then roasting until steaks reach minimum internal temperature, 10-12 minutes. Rest, 3 minutes.
- If using **filets mignon**, follow same instructions as chicken in Steps 1, 2, 3, and 4, searing on one side until browned, 2-3 minutes, then roasting until filets reach minimum internal temperature, 12-14 minutes. Rest, 3 minutes.

### 1. Prepare the Ingredients

- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Cut **mushrooms** into ¼" slices.
- Remove sheets of paper between **puff pastry**, if necessary. Halve puff pastry on an angle, making two evenly-sized triangles. Refrigerate again. *Keeping pastry cold makes it easier to work with.*
- Pat **chicken breasts** dry, and season both sides with a pinch of **pepper**.

### 2. Sear the Chicken

- Heat 1 tsp. **olive oil** in a medium non-stick pan over medium heat.
- Add **chicken** to hot pan. Cook undisturbed until browned on one side, 2-3 minutes.
- Remove from burner.



### 3. Prepare the Brussels Sprouts

- Place **Brussels sprouts** on prepared baking sheet and toss with 2 tsp. **olive oil**, **seasoning blend**, and a pinch of **pepper**. Spread into a single layer on one side.
- Transfer **chicken**, seared side up, to other half of baking sheet. Reserve pan; no need to wipe clean.
- Top chicken evenly with **cream cheese**, a pinch of **pepper**, and half the **Parmesan** (reserve remaining for puff pastry).



### 4. Roast the Chicken and Brussels Sprouts

- Remove **puff pastry triangles** from refrigerator and wrap around each **chicken breast**, tucking ends underneath. Using the tip of a knife, draw lines on puff pastry, ¼" apart, on an angle. *This is called scoring.* Top evenly with 1 tsp. **olive oil** and remaining **Parmesan**.
- Roast in hot oven until **Brussels sprouts** are tender, puff pastry is golden brown, and chicken reaches a minimum internal temperature of 165 degrees, 12-14 minutes.
- While chicken and Brussels sprouts roast, make sauce



### 5. Make Sauce and Finish Dish

- Return pan used to cook chicken to medium-high heat. Add 1 tsp. **olive oil**, **mushrooms**, and a pinch of **salt** and **pepper** to hot pan. Stir occasionally until lightly browned and tender, 3-4 minutes.
- Reduce heat to medium-low. Add **flour** and stir until no dry flour remains in pan.
- Add **wine**, **chicken base**, and ½ cup **water**. Bring to a simmer. Once simmering, stir constantly until thick enough to coat the back of a spoon, 2-4 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **chicken** with sauce. Bon appétit!