



In your box

- 4 fl. oz. Cream Sauce Base
- ½ tsp. Garlic Salt
- ½ oz. Seasoned Croutons
- ¼ oz. Flour
- 1 Roma Tomato
- 1 oz. Shredded Parmesan Cheese
- 3 oz. Chopped Kale
- 6 oz. Cremini Mushrooms

Customize It Options

- 12 oz. Diced Boneless Skinless Chicken Breasts
- 8 oz. Shrimp
- 10 oz. Steak Strips
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, wheat, soy

You will need

- Olive Oil, Salt, Pepper
- Large Non-Stick Pan

Minimum Internal Protein Temperature

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

Classic Meal Kit



Indulgent One-Skillet Kale Chicken

with tomatoes and mushrooms

NUTRITION per serving—Calories: 573, Carbohydrates: 22g, Sugar: 6g, Fiber: 3g, Protein: 46g, Sodium: 1686mg, Fat: 34g, Saturated Fat: 13g
 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

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



1. Prepare the Ingredients

- Core **tomato** and cut into ¼" dice.
- Cut **mushrooms** into ¼" slices.
- Coarsely crush **croutons**.
- Pat **chicken** dry.



2. Cook the Chicken

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **diced chicken** to hot pan and stir occasionally until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Transfer chicken to a plate and season with a pinch of **salt** and **pepper**. Reserve pan; no need to wipe clean.

Customize It Instructions

- If using **whole chicken breasts**, pat dry and, on a separate cutting board, cut into 1" pieces. Follow same instructions as diced chicken.
- If using **steak strips**, separate into a single layer and pat dry. Follow same instructions as chicken in Step 2, stirring occasionally until no pink remains and steak strips reach minimum internal temperature, 4-6 minutes. Rest, 3 minutes.
- If using **shrimp**, follow same instructions as chicken in Steps 1 and 2, cooking until opaque and shrimp reach minimum internal temperature, 2-3 minutes per side.



3. Cook the Mushrooms

- Return pan used to cook chicken to medium heat and add 1 Tbsp. **olive oil**.
- Add **mushrooms** to hot pan and stir occasionally until browned, 4-6 minutes.
- Stir in **flour** until no dry flour remains in pan.



4. Cook the Skillet

- Stir **cream sauce**, **garlic salt**, and ½ cup **water** into hot pan until combined. Bring to a boil.
- Once boiling, stir in **kale**. Cook until tender, 2-3 minutes.
- Stir in **chicken**, **tomatoes**, a pinch of **salt**, and ¼ tsp. **pepper**. Return to a boil.
- Once boiling, remove from burner.



5. Finish the Dish

- Plate dish as pictured on front of card, garnishing with **crushed croutons** and **Parmesan**. Bon appétit!