



In your box

- 2 Tbsp. Roasted Red Pepper Pesto
- ¼ cup Italian Panko Blend
- 8 oz. Red Potatoes
- 2 oz. Sour Cream
- 2 oz. Light Cream Cheese
- 3 Tbsp. Cornstarch
- 4 oz. Marinara Sauce
- ½ oz. Grated Parmesan
- 6 oz. Trimmed Green Beans

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

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Medium Pot, Mixing Bowl, Medium Non-Stick Pan, Baking Sheet, Colander

Minimum Internal Protein Temperature

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

Culinary Collection



Creamy Stuffed Chicken with Parmesan Mashed Potatoes and green beans

NUTRITION per serving—Calories: 724, Carbohydrates: 51g, Sugar: 9g, Fiber: 5g, Protein: 49g, Sodium: 1683mg, Fat: 34g, Saturated Fat: 10g
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

60 min.

Cook Within

5 days

Difficulty Level

Expert

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**
- Set **cream cheese** on counter to soften
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **pesto**



1. Make the Mashed Potatoes

- Cut **potatoes** into evenly-sized chunks. Bring a medium pot with potatoes covered by **water** to a boil. Cook until fork-tender, 15-18 minutes.
- Reserve ¼ cup **potato cooking water**. Drain potatoes in a colander and return to pot. Add **sour cream**, 2 Tbsp. potato cooking water, ¼ tsp. **salt**, and a pinch of **pepper**. Mash until smooth. *If too thick, add additional potato cooking water, 1 Tbsp. at a time, until desired consistency is reached.* Stir in **Parmesan**. Cover and set aside.
- While potatoes cook, prepare chicken.



2. Stuff the Chicken

- Pat **chicken** dry. Cover chicken with plastic wrap and use a heavy object to pound to an even 1/3" thickness. Remove plastic and season both sides with a pinch of **salt** and **pepper**.
- In a mixing bowl, mash softened **cream cheese** and half the **red pepper pesto** (reserve remaining for sauce) until combined and smooth.
- Spread cream cheese-pesto evenly on chicken. Starting from the widest part, roll chicken into a pinwheel, then place seam side down. Wipe bowl clean and reserve.



3. Bread the Chicken

- In bowl used for cream cheese-pesto mixture, combine **cornstarch** and 3 Tbsp. **water**. Place **panko** evenly on a plate.
- Place a medium non-stick pan over medium-high heat and add 2 Tbsp. **olive oil**. Let oil heat, 5 minutes.
- Roll **chicken** in one direction through cornstarch-water. Then roll same area through panko until coated, pressing gently to adhere.
- After 5 minutes, test oil temperature by adding a pinch of panko to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.



4. Bake the Chicken and Green Beans

- Lay **chicken** away from you in hot oil and cook until beginning to brown, 2-4 minutes per side.
- Transfer chicken to prepared baking sheet and place evenly apart, seam side down. Wipe pan clean and reserve.
- Add **green beans** to empty side of baking sheet and top with 1 tsp. **olive oil** and a pinch of **salt** and **pepper**. Spread into a single layer.
- Bake in hot oven until green beans are bright green and chicken reaches a minimum internal temperature of 165 degrees, 12-15 minutes.
- While chicken and green beans bake, make sauce



5. Make Sauce and Finish Dish

- Return pan used to cook chicken to medium-low heat. Add **marinara**, remaining **red pepper pesto**, and 2 Tbsp. **water**. Bring to a low simmer.
- Simmer, 2 minutes.
- Remove from burner.
- Plate dish as picture on front of card, topping **chicken** with sauce. Bon appétit!