



In your box

- ½ oz. Crumbled Bacon
- 2 Smoked Gouda Slices
- 12 oz. Yukon Potatoes
- 12 oz. Asparagus
- ¼ cup Panko Breadcrumbs
- 1 oz. Sour Cream
- 1 oz. Butter
- 1 oz. White Cooking Wine
- 2 tsp. Chicken Demi-Glace Concentrate

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

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

Minimum Internal Protein Temperature

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

Culinary Collection



Panko-Crusted Chicken Breast and White Wine Demi

with smoked Gouda mash and bacon asparagus

NUTRITION per serving—Calories: 776, Carbohydrates: 49g, Sugar: 7g, Fiber: 6g, Protein: 56g, Sodium: 1819mg, Fat: 39g, Saturated Fat: 17g
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 **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **butter**



1. Start Potatoes and Prepare Ingredients

- Peel and cut **potatoes** into large, evenly-sized chunks.
- Bring a medium pot with potatoes and 1 tsp. **salt** covered by **water** to a boil. Once boiling, cook until fork-tender, 12-15 minutes.
- While potatoes boil, trim woody ends off **asparagus**.
- Pat **chicken** dry, and season both sides with a pinch of salt and **pepper**.



2. Roast the Asparagus

- Place **asparagus** on prepared baking sheet and add 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Roll asparagus to coat in oil and seasoning.
- Spread into a single layer and top with **bacon**. Roast in hot oven until tender, 10-12 minutes.
- While asparagus roasts, cook chicken.



3. Finish the Potatoes

- Once potatoes are fork-tender, reserve ¼ cup **potato cooking water**. Drain potatoes in a colander and return to pot.
- Tear **cheese** into pieces.
- Add **sour cream**, cheese, half the **butter** (reserve remaining for sauce), half the potato cooking water, and ¼ tsp. **salt** to pot. Mash until smooth. *If too dry, add remaining potato cooking water, 1 Tbsp. at a time, until desired consistency is reached.* Cover and set aside.



4. Cook the Chicken

- Top **chicken** evenly with **panko**, pressing gently to adhere. *Panko will only cover one side.*
- Place a medium non-stick pan over medium heat and add 1 Tbsp. **olive oil**. Add chicken to hot pan, panko side down. Cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove chicken to a plate and tent with foil. Wipe pan clean and reserve.



5. Make Sauce and Finish Dish

- Return pan used to cook chicken to medium heat. Add **white wine** and **demi-glace** to hot pan. Stir to combine, then bring to a simmer.
- Once simmering, cook until liquid is reduced by half, 2-3 minutes.
- Remove from burner and stir in remaining **butter** until combined.
- Plate dish as pictured on front of card, topping **chicken** with **sauce**. Bon appétit!