



In your box

- .3 oz. Butter
- ¼ oz. Parsley
- 4 fl. oz. Cream Sauce Base
- .42 oz. Mayonnaise
- 2 oz. Roasted Red Tomatoes
- 6 oz. Broccoli Florets
- 6 oz. Cauliflower Florets
- ¼ cup Italian Panko Blend
- 1 oz. Shredded White Cheddar Cheese

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)
- 13½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Boneless Pork Chops
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

You will need

Olive Oil, Salt, Pepper, Cooking Spray

2 Medium Non-Stick Pans, Baking Sheet, Mixing Bowl

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

Culinary Collection



Herb-Crusted Chicken

with cheesy cauliflower and broccoli and roasted tomatoes

NUTRITION per serving—Calories: 614, Carbohydrates: 22g, Sugar: 7g, Fiber: 5g, Protein: 47g, Sodium: 1692mg, Fat: 34g, Saturated Fat: 15g
 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
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes.
- Set **butter** on counter to soften
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Steps 2 and 3, searing undisturbed, 2-3 minutes per side, then transferring to baking sheet, adding **topping**, and roasting until pork reaches minimum internal temperature, 6-8 minutes. Rest, 3 minutes.
- If using **ribeye**, follow same instructions as chicken in Steps 2 and 3, searing undisturbed, 2-3 minutes per side, then transferring to baking sheet, adding **topping**, and roasting until steak reaches minimum internal temperature, 5-7 minutes. Rest, 3 minutes. Halve to serve.



1. Start the Vegetables

- Cut **cauliflower** and **broccoli florets** into 1" pieces.
- Place cauliflower and broccoli on prepared baking sheet. Toss with 1 tsp. **olive oil** and ¼ tsp. **salt**. Massage oil and salt into vegetables.
- Spread into a single layer and roast in hot oven, 15 minutes.
- While broccoli and cauliflower roast, prepare ingredients.



2. Prepare Ingredients and Make Panko Mixture

- Stem and mince **parsley**.
- Mince **tomatoes**.
- Combine parsley and **panko** in a mixing bowl. Set aside.
- Pat **chicken** dry, and season both sides with ¼ tsp. **salt** and ¼ tsp. **pepper**.



3. Cook Chicken and Finish Vegetables

- Carefully remove baking sheet from oven and push **vegetables** to one side. *Baking sheet will be hot! Use a utensil.*
- Heat 1 tsp. **olive oil** in a medium non-stick pan over medium heat. Add **chicken** to hot pan. Cook undisturbed until browned, 2-3 minutes per side.
- Transfer chicken to empty space on baking sheet. Top evenly with **mayonnaise**, then **panko mixture**, pressing gently to adhere. Reserve pan; no need to wipe clean.
- Roast in hot oven until vegetables are tender and chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- While chicken and vegetables roast, make tomato topping.



4. Make the Tomato Topping

- Return pan used to cook chicken to medium heat. Add 3 Tbsp. **water**, **tomatoes**, and softened **butter** to hot pan. Stir to combine, then bring to a simmer.
- Once simmering, stir occasionally until fully combined, 1-2 minutes.
- Remove from burner.



5. Make Cheese Sauce and Finish Dish

- Place another medium non-stick pan over medium-high heat. Add **cream base** to hot pan and bring to a simmer.
- Once simmering, remove from burner and add **cheese**, stirring constantly until fully melted, 30-60 seconds.
- Remove from burner.
- Plate dish as pictured on front of card, garnishing **chicken** with **tomato topping**. Pour **cheese sauce** over **cauliflower** and **broccoli**. Bon appétit!