



### In your box

- 1 oz. Garlic & Herb Goat Cheese
- ¼ cup Italian Panko Blend
- 1 tsp. Cornstarch
- 1 tsp. Onion Salt
- 2 Dill Sprigs
- 1 oz. Light Cream Cheese
- ¼ fl. oz. Harissa Sauce
- 18 oz. Sweet Potato
- 2 Garlic Cloves

### Customize It Options

- 12 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 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, Pepper, Cooking Spray  
 Baking Sheet, 3 Mixing Bowls,  
 Medium Oven-Safe Non-Stick Pan

### 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.

## Classic Meal Kit



# Goat Cheese and Herb Stuffed Chicken

with spicy sweet potatoes

NUTRITION per serving—Calories: 670, Carbohydrates: 61g, Sugar: 12g, Fiber: 8g, Protein: 43g, Sodium: 1690mg, Fat: 24g, Saturated Fat: 6g  
 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

45-55 min.

Cook Within

5 days

Difficulty Level

Expert

Spice Level

Medium

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



### 1. Prepare the Ingredients

- Cut **sweet potatoes** into ½" pieces.
- Coarsely chop **dill**.
- Mince **garlic**.
- Combine **harissa** (to taste), garlic, and 2 tsp. **olive oil** in a mixing bowl.
- Pat **chicken** dry, and season both sides with half the **onion salt** (reserve remaining for potatoes).



### 2. Roast the Sweet Potatoes

- Place **sweet potatoes** on prepared baking sheet and toss with 1 Tbsp. **olive oil**, remaining **onion salt**, and a pinch of **pepper**. Massage oil, onion salt, and pepper into potatoes.
- Spread into a single layer and roast in hot oven until tender, 15-18 minutes.
- Carefully remove baking sheet from oven. Gently stir in **harissa mixture**. *Baking sheet will be hot! Use a utensil.*
- Spread into a single layer again and roast until lightly browned, 5-8 minutes.
- While potatoes roast, prepare chicken.



### 3. Fill the Chicken

- Combine softened **cream cheese**, softened **goat cheese**, and **dill** in another mixing bowl.
- Place **chicken** on a clean cutting board. Starting at thickest end, make a small slit and insert knife 2", then remove. *For best results, use a chef's knife.*
- Press cheese-dill filling into slit, using the back of a spoon.
- Repeat with second chicken breast.



### 4. Coat the Chicken

- Combine **cornstarch** and 2 tsp. **water** in another mixing bowl. Place **panko** on a plate.
- Spread cornstarch mixture on one side of chicken, coating completely.
- Transfer chicken to plate with panko, cornstarch side down. Press down gently to adhere.



### 5. Cook Chicken and Finish Dish

- Heat 1 tsp. **olive oil** in a medium oven-safe non-stick pan over medium heat. Add **chicken** to hot pan, panko side down. Cook undisturbed until browned, 2-3 minutes on one side.
- Flip chicken. Transfer pan to hot oven and roast until chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- Carefully remove from oven. *Pan handle will be hot! Use an oven mitt.*
- Plate dish as pictured on front of card. Bon appétit!