



### In your box

- ½ oz. Grated Parmesan
- 1 oz. Goat Cheese
- 12 oz. Cauliflower Florets
- ¼ oz. Pine Nuts
- 2 Tbsp. Italian Panko Blend
- 2 Tbsp. Roasted Red Pepper Pesto
- 2 oz. Light Cream Cheese

### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 12 oz. Sirloin Steaks
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

\*Contains: milk, wheat, tree nuts (pine nuts)

### You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet,  
Small Oven-Safe Casserole Dish,  
Mixing Bowl,  
Large Oven-Safe Non-Stick Pan

### Minimum Internal Protein Temperature

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

Culinary Collection



## Pine Nut and Goat Cheese-Crusted Chicken

with roasted red pepper cauliflower

NUTRITION per serving—Calories: 506, Carbohydrates: 16g, Sugar: 5g, Fiber: 4g, Protein: 49g, Sodium: 1361mg, Fat: 25g, Saturated Fat: 8g  
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

**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 **425 degrees**
- Set **cream cheese** on counter to soften
- Prepare a baking sheet with foil
- Prepare a small casserole dish with cooking spray
- Ingredient(s) used more than once: **Parmesan**

## Customize It Instructions

- If using **NY strip steak**, follow same instructions as chicken in Steps 1 and 4, searing on one side until browned, 2-3 minutes, then flipping, adding **topping**, and roasting until steak reaches minimum internal temperature, 10-12 minutes. Rest, 3 minutes. Halve to serve.
- If using **sirloin steaks**, follow same instructions as chicken in Steps 1 and 4, searing on one side until browned, 2-3 minutes, then flipping, adding **topping**, and roasting until steaks reach minimum internal temperature, 10-12 minutes. Rest, 3 minutes.



### 1. Prepare the Ingredients

- Cut **cauliflower** into bite-sized pieces.
- In a mixing bowl, combine **pine nuts** and **goat cheese** (crumbling if necessary). Set aside.
- Pat **chicken** dry, and season both sides with a pinch of **salt** and **pepper**.



### 2. Start the Roasted Red Pepper Cauliflower

- Place a large oven-safe non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **cauliflower** to hot pan. Stir occasionally until lightly browned, 4-5 minutes.
- Transfer cauliflower to prepared casserole dish. Keep pan on burner and lower heat to medium.
- Add ½ cup **water**, **cream cheese**, **red pepper pesto**, half the **Parmesan** (reserve remaining for topping), ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir to combine, then bring to a simmer.
- Once simmering, stir often until slightly thickened, 1-2 minutes.
- Remove from burner.



### 3. Finish the Roasted Red Pepper Cauliflower

- Place casserole dish on prepared baking sheet to catch any drips. Pour **cream cheese-roasted red pesto sauce** over **cauliflower** and top evenly with **panko** and remaining **Parmesan**. Wipe pan clean and reserve.
- Bake in hot oven until cauliflower is fork-tender and sauce is bubbling, 12-15 minutes.
- While cauliflower bakes, cook chicken.



### 4. Cook the Chicken

- Return pan used to cook sauce to medium heat and add 1 tsp. **olive oil**.
- Add **chicken** to hot pan. Cook undisturbed until browned, 2-3 minutes on one side.
- Remove from burner. Flip chicken, and top evenly with **pine nut-goat cheese mixture**.
- Place pan in hot oven and roast until chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- *Handle will be hot! Use an oven mitt.*



### 5. Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!