



### In your box

- 2 Garlic Cloves
- 1 oz. Grated Parmesan
- 8 oz. Broccoli Florets
- ¼ oz. Flour
- 1 oz. Butter
- 4 tsp. Chicken Broth Concentrate
- 1 Sage Sprig
- 1 Shallot
- 12 oz. Fingerling Potatoes

### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)
- 12 oz. Filets Mignon
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

\*Contains: milk, wheat

### You will need

- Olive Oil, Pepper, Cooking Spray
- Medium Non-Stick Pan, Baking Sheet, Small Oven-Safe Casserole Dish

### Minimum Internal Protein Temperature

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

Culinary Collection



# Chicken Breast and Sage Brown Butter Sauce

with Parmesan potatoes and roasted broccoli

NUTRITION per serving—Calories: 625, Carbohydrates: 44g, Sugar: 7g, Fiber: 8g, Protein: 52g, Sodium: 1648mg, Fat: 27g, Saturated Fat: 11g  
 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

50-60 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**
- Prepare a small casserole dish with cooking spray
- Prepare a baking sheet with foil and cooking spray
- Only half the **flour** is used in this recipe
- Ingredient(s) used more than once: **butter, chicken base**

### Customize It Instructions

- If using **filets mignon**, follow same instructions as chicken in Steps 1 and 4, cooking until filets reach minimum internal temperature, 5-8 minutes per side. Rest, 3 minutes.
- If using **ribeye**, follow same instructions as chicken in Steps 1 and 4, cooking until browned and steak reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. Halve to serve.
- If using **salmon fillets**, pat dry and season flesh side with a pinch of **pepper**. Follow same instructions as chicken in Step 4, cooking, skin side up first, until salmon reaches minimum internal temperature, 4-6 minutes per side.



### 1. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces, if necessary.
- Stem and coarsely chop **sage**.
- If over 2" in length, halve **potatoes** across width.
- Peel and halve **shallot**. Slice thinly.
- Mince **garlic**.
- Pat **chicken breasts** dry, and season both sides with a pinch of **pepper**.



### 2. Roast the Potatoes

- Place a medium non-stick pan over medium-high heat. Add half the **butter** (reserve remaining for sauce) to hot pan and let melt, 1-2 minutes.
- Add **potatoes** and stir often until lightly browned, 3-5 minutes.
- Add **shallot** and **garlic** and stir occasionally until softened, 1-2 minutes.
- Stir in  $\frac{1}{2}$  cup **water** and half the **chicken base** (reserve remaining for sauce) and bring to a simmer. Once simmering, remove from burner.
- Transfer potato mixture to prepared casserole dish. Wipe pan clean and reserve. *If desired, place dish on a foiled baking sheet lined to catch any drips.* Roast in hot oven until fork-tender, 25-30 minutes.
- While potatoes roast, roast broccoli.



### 3. Roast the Broccoli

- Place **broccoli** on prepared baking sheet. Toss with 1 tsp. **olive oil** and a pinch of **pepper**.
- Spread into a single layer. Roast in hot oven until browned and fork-tender, 14-16 minutes.
- While broccoli roasts, cook chicken.



### 4. Cook the Chicken

- Return pan used to cook potatoes to medium heat and add 1 tsp. **olive oil**.
- Add **chicken breasts** to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove from burner. Remove chicken to a plate. Keep pan over medium heat.



### 5. Make Brown Butter Sauce and Finish Dish

- Add remaining **butter** and 1 tsp. **olive oil** to hot pan. Cook until butter smells nutty, turns golden, and brown flecks appear, 2-3 minutes.
- Add half the **flour** (the rest is yours to do with as you please) and stir vigorously until a thick, light brown paste forms.
- Stir in  $\frac{1}{2}$  cup **water** and remaining **chicken base**. Bring to a simmer. Once simmering, cook until thickened, 1-2 minutes.
- Remove from burner. Stir in **sage**.
- Plate dish as pictured in front of card, topping **chicken** with brown butter sauce and garnishing **potatoes** with **cheese**. Bon appétit!