



Lemon Pepper Chicken

WITH SMOKED GOUDA BROCCOLI

15 Minute Meal Kits



Prep & Cook Time

15 MIN

Cook Within

4 DAYS

You Will Need

Olive Oil, Salt
Medium Non-Stick Pan,
Mixing Bowl, Microwave-Safe
Bowl, Large Non-Stick Pan

Difficulty Level

EASY

Spice Level

NOT SPICY

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.

Ingredients

½ tsp. Coarse Black Pepper
½ tsp. Garlic Salt
½ oz. Crispy Fried Onions
2 oz. Light Cream Cheese
2 Smoked Gouda Slices
12 oz. Broccoli Florets
1 Lemon
2 Green Onions

2 oz. Crème Fraîche

Customize It Options

12 oz. Boneless Skinless Chicken
Breasts
12 oz. Filets Mignon
16 oz. USDA Choice New York Strip
Steak
12 oz. Salmon Fillets
12 oz. Antibiotic-Free Boneless
Skinless Chicken Breasts

View nutritional information at www.homechef.com/17804

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

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

Before You Cook

All cook times are approximate based on testing.

- If using any fresh produce, thoroughly rinse and pat dry
- Set **cream cheese** on counter to soften
- Ingredient(s) used more than once: **green onions**

Customize It Instructions

- If using **filets mignon**, follow same instructions as chicken in Step 1, cooking until steaks reach desired doneness, or 4-6 minutes per side for medium/medium-well. Rest, 3 minutes. *Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner.*
- If using **salmon filets**, pat dry and season flesh side with **coarse black pepper**. Follow same instructions as chicken in Step 1, cooking, skin side up first, until browned and salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **NY strip steaks**, follow same instructions as chicken in Step 1, searing until steaks reach desired doneness, or 7-10 minutes per side for medium/medium-well. Rest, 3 minutes. *Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner.*



1. Cook the Chicken

- Pat **chicken breasts** dry. Season one side with **coarse black pepper**.
- Place a medium non-stick pan over medium heat and add 2 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.



2. Prepare Ingredients and Make Crema

- Break **broccoli** into bite-sized pieces using hands.
- Halve **lemon** lengthwise. Cut one half into wedges and juice the other half.
- Trim and thinly slice **green onions**, keeping white and green portions separate. Mince green portions of green onions.
- In a mixing bowl, combine green portions of green onions, **crème fraîche**, 1 tsp. **lemon juice**, 1 tsp. **water**, and a pinch of **salt**. Set aside.



3. Cook the Broccoli

- Place a large non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **broccoli**, **garlic salt**, **white portions of green onions**, and $\frac{1}{4}$ cup **water** to hot pan. Cover, and cook until water is almost completely evaporated, 5-7 minutes.
- Uncover, and stir occasionally until tender, 2-3 minutes.
- Remove from burner.



4. Make Cheese Sauce and Finish Dish

- In a microwave-safe bowl, combine softened **cream cheese**, $\frac{1}{4}$ cup **water**, and a pinch of **salt**. Microwave, 30 seconds at a time, until bubbling, 1-2 minutes total.
- While sauce heats, tear **sliced cheese** into pieces.
- Remove bowl from microwave. Add cheese pieces, a few at a time, and stir vigorously or whisk until smooth.
- Plate dish as pictured on front of card, topping **chicken** with **crema** and garnishing **broccoli** with cheese sauce and **crispy onions**. Squeeze **lemon wedges** over to taste. Bon appétit!