



# Pretzel-Crusted Chicken Breast

WITH PIMIENTO CREAM AND ROASTED GARLIC SMASHED POTATOES

Classic



## Prep & Cook Time

35-45 MIN

## Cook Within

5 DAYS

## Difficulty Level

EXPERT

## Spice Level

NOT SPICY

## You Will Need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, Small Pot, 2 Mixing Bowls, Large Non-Stick Pan

## Ingredients

¼ cup Pretzel Crumble  
3 oz. Light Cream Cheese  
12 oz. Yukon Potatoes  
¼ cup Panko Breadcrumbs  
1 tsp. Roasted Red Pepper Pesto  
2 Green Onions  
1 oz. Shredded Cheddar Cheese  
2 Garlic Cloves  
¾ oz. Roasted Garlic & Herb Butter

## Customize It Options

12 oz. Boneless Skinless Chicken Breasts  
12 oz. Boneless Pork Chops  
12 oz. Sirloin Steaks  
10 oz. Ahi Tuna Steaks

## Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
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160°	Ground Beef	Ground Pork
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165°	Chicken	Ground Turkey
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Rest steak or pork after cooking, 3 minutes.

View nutritional information at [www.homechef.com/18749](http://www.homechef.com/18749)

\*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, 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
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes
- Set **cream cheese** on counter to soften
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **cream cheese, green onions**

### Customize It Instructions

- If using **ahi tuna**, pat dry, top both sides with 1 tsp. **olive oil**, and coat evenly with **panko-pretzel** mixture, pressing gently to adhere. Follow same instructions as chicken in Step 3, cooking until golden brown and tuna reaches minimum internal temperature, 4-5 minutes per side. *Tuna is often enjoyed medium-rare (pink in the middle). For medium-rare, cook 1-2 minutes per side. Consuming raw or undercooked tuna may increase your risk for food-borne illness.*
- If using **pork chops**, follow same instructions as chicken in Steps 2 and 3, cooking until golden brown and pork reaches minimum internal temperature, 5-7 minutes per side. Rest, 3 minutes.
- If using **sirloin steaks**, pat dry, top both sides with 1 tsp. olive oil, and coat evenly with panko-pretzel mixture, pressing gently to adhere. Follow same instructions as chicken in Step 3, cooking until golden brown and steaks reach desired doneness, or 4-6 minutes per side for medium/medium-well. Rest, 3 minutes.



### 2. Prepare the Ingredients

- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.
- Combine **pretzel crumble** and **panko** in another mixing bowl.
- Pat **chicken breasts** dry. Cover chicken with plastic wrap and use a heavy object to pound to an even 1/4" thickness. Use a *gallon bag* for easier clean-up.
- Remove plastic wrap and top chicken on both sides with 1 tsp. **olive oil**. Then transfer chicken to bowl with pretzel-panko mixture, coating both sides completely and pressing gently to adhere.



### 4. Finish the Potatoes

- Remove baking sheet from oven. Carefully unwrap **garlic**. *Baking sheet and foil pouch will be hot! Use a utensil.*
- Transfer **potatoes** and **garlic** to reserved potato mixing bowl. Add 2/3 softened **cream cheese** (reserve remaining for sauce), **butter**, **white portions of green onions**, 1/4 tsp. **salt**, and 1/3 cup **water**. Mash until creamy. Cover and set aside.



### 1. Start Potatoes and Roast Garlic

- Cut **potatoes** into 1" dice.
- Combine potatoes, 2 tsp. **olive oil**, and a pinch of **salt** in a mixing bowl until coated.
- Place **garlic** on a piece of foil and top with 1 tsp. olive oil. Form a pouch around garlic.
- Place potatoes on prepared baking sheet and spread into a single layer. Reserve bowl; no need to wipe clean. Place garlic pouch on any empty space.
- Roast in hot oven until tender and beginning to brown, 15-20 minutes.
- While potatoes roast, continue recipe.



### 3. Cook the Chicken

- Place a large non-stick pan over medium heat and add 4 tsp. **olive oil**. Let heat, 5 minutes.
- While oil heats, line a plate with a paper towel.
- After 5 minutes, test oil temperature by adding a pinch of **panko** to it. It should sizzle gently. *If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.*
- Carefully place **chicken** in hot oil and cook until golden brown and chicken reaches a minimum internal temperature of 165 degrees, 3-4 minutes per side.
- Remove from burner. Transfer chicken to towel-lined plate and tent with foil to keep warm.
- While chicken cooks, continue recipe.



### 5. Make Sauce and Finish Dish

- Place a small pot over medium heat.
- Add remaining **cream cheese**, 3 Tbsp. **water**, and a pinch of **salt** and **pepper** to hot pot. Bring to a simmer, stirring often.
- Once simmering, remove from burner. Stir in **shredded cheese** and **pesto**.
- Plate dish as pictured on front of card, topping **chicken** with sauce and **green portions of green onions**. Bon appétit!