



### In your box

- 1 oz. Light Cream Cheese
- 6 oz. Broccoli Florets
- 2 Garlic Cloves
- 1 oz. Artichoke Hearts
- ½ oz. Baby Spinach
- 2 oz. Shredded Mozzarella
- 1 Zucchini

### Customize It Options

- 12 oz. Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 12 oz. Sirloin Steaks
- 13½ oz. Organic 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, Salt, Pepper, Cooking Spray

Baking Sheet, Medium Oven-Safe Non-Stick Pan, Mixing Bowl

### 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



# Spinach-Artichoke Chicken

with roasted broccoli and zucchini

NUTRITION per serving—Calories: 450, Carbohydrates: 13g, Sugar: 4g, Fiber: 3g, Protein: 47g, Sodium: 1680mg, Fat: 24g, Saturated Fat: 9g  
 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

**30-40 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
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes
- Set **cream cheese** on counter to soften
- Prepare a baking sheet with foil and cooking spray



## Customize It Instructions

- If using **NY strip steak**, follow same instructions as chicken in Steps 1, 4, and 5, searing until browned, 2-3 minutes per side, then adding **topping** and roasting until steak reaches minimum internal temperature, 9-11 minutes. Rest, 3 minutes. Halve to serve.
- If using **sirloin steaks**, follow same instructions as chicken in Steps 1, 4, and 5, searing until browned, 2-3 minutes per side, then adding topping and roasting until steaks reach minimum internal temperature, 7-9 minutes. Rest, 3 minutes.

### 1. Prepare the Ingredients

- Cut **broccoli florets** into large bite-sized pieces, if necessary.
- Trim **zucchini** ends, halve lengthwise, and cut into ½" half-moons.
- Drain **artichokes**. Squeeze out liquid and coarsely chop.
- Mince **garlic**.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and ¼ tsp. **pepper**.

### 2. Roast the Vegetables

- Place **broccoli** and **zucchini** on prepared baking sheet and toss with 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper**. Massage oil, salt, and pepper into vegetables.
- Spread into a single layer. Roast in hot oven until tender and lightly browned, 15-18 minutes.
- While vegetables roast, make topping.



### 3. Make the Topping

- Place a medium oven-safe non-stick pan over medium heat. Add 1 tsp. **olive oil**, **spinach**, and **garlic** to hot pan. Stir occasionally until spinach is wilted, 1-2 minutes.
- Remove from burner. Transfer spinach to a mixing bowl. Stir in **artichokes**, **mozzarella**, softened **cream cheese**, ¼ tsp. **salt**, and ¼ tsp. **pepper** until combined. Set aside.
- Wipe pan clean and reserve.



### 4. Sear and Top the Chicken

- Return pan used to wilt spinach to medium-high heat. Add 1 tsp. **olive oil** and **chicken breasts** to hot pan. Cook undisturbed until browned, 3-4 minutes.
- Flip chicken, and cook undisturbed, 2 minutes.
- Remove pan from burner. *Chicken will finish cooking in a later step.* Carefully, spread **topping** evenly onto chicken.



### 5. Roast Chicken and Finish Dish

- Place pan in hot oven and roast until **topping** is lightly browned and **chicken** reaches a minimum internal temperature of 165 degrees, 8-12 minutes.
- *Be careful when removing pan from oven; handle will be hot!*
- Plate dish as pictured on front of card. Bon appétit!