



# Creamy Garlic Parmesan Chicken

WITH TUSCAN BUTTER GREEN BEANS

Meal Kit



### Prep & Cook Time

20-30 MIN

### Cook Within

5 DAYS

### Difficulty Level

INTERMEDIATE

### Spice Level

MEDIUM

### You Will Need

Olive Oil, Salt, Pepper  
Medium Non-Stick Pan, Large  
Non-Stick Pan

### Ingredients

- 🔪 .8 oz. Tuscan Herb Butter
- 12 oz. Green Beans
- 4 Garlic Cloves
- ½ oz. Shredded Parmesan Cheese
- ½ oz. Crispy Fried Onions
- 1 tsp. Italian Seasoning Blend
- 4 fl. oz. Cream Sauce Base
- 🔪 ¼ tsp. Red Pepper Flakes

### Customize It Options

- 12 oz. Boneless Skinless Chicken Breasts
- 12 oz. Sirloin Steaks
- 12 oz. Filets Mignon
- 12 oz. Salmon Fillets
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

### 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.

View nutritional information at [www.homechef.com/19034](http://www.homechef.com/19034)

\*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
- Only half the **Italian seasoning** is used in this recipe
- Ingredient(s) used more than once: **garlic**

### Customize It Instructions

- If using **filets mignon or sirloin steak**, 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 fillets**, pat dry and season flesh side with a pinch of **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.



### 2. Prepare the Ingredients

- Trim ends off **green beans**.
- Mince **garlic**.



### 4. Make the Sauce

- Return pan used to cook chicken to medium heat. Add remaining **garlic** to hot pan and stir often until fragrant, 30-60 seconds.
- Add **cream base**, **Parmesan**, half the **Italian seasoning** (remaining is yours to use as you please!), a pinch of **pepper**, and **red pepper flakes** (to taste). Stir occasionally until bubbling and slightly thickened, 1-2 minutes.
- Remove from burner.



### 1. Cook the Chicken

- Pat **chicken** dry, and season both sides with a pinch of **pepper**. Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add chicken 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. Transfer to a plate and tent with foil to keep warm. Reserve pan; no need to wipe clean.
- While chicken cooks, continue recipe.



### 3. Cook the Green Beans

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **green beans** to hot pan and cook, 1 minute.
- Add ¼ cup **water**. Cover, and cook until tender, 6-8 minutes.
- *If green beans need more time, add 2 Tbsp. water, cover, and stir occasionally, 1-3 minutes.*
- Stir in 1 tsp. **garlic** (reserve remaining for sauce), ¼ tsp. **salt**, a pinch of **pepper**, and **butter** (to taste) until garlic is fragrant and butter is melted, 1-2 minutes.
- Remove from burner.
- While green beans cook, continue recipe.



### 5. Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **sauce** and garnishing **green beans** with **crispy onions**. Bon appétit!