



Creamy Sun-Dried Tomato Chicken

WITH CRISPY ZUCCHINI

15 Minute Meal Kits



Prep & Cook Time

15 MIN

Cook Within

4 DAYS

You Will Need

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

Ingredients

- 1 tsp. Poultry Seasoning
 - ½ oz. Crispy Fried Onions
 - ¼ tsp. Red Pepper Flakes
 - ¼ cup Italian Panko Blend
 - 2 Zucchini
 - 3 Tbsp. Sun-Dried Tomato Pesto
 - 4 fl. oz. Cream Sauce Base
- ### Customize It Options
- 12 oz. Boneless Skinless Chicken Breasts
 - 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
 - 12 oz. Boneless Pork Chops
 - 12 oz. Salmon Fillets
 - 16 oz. USDA Choice New York Strip Steak

Difficulty Level

EASY

Spice Level

MILD

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/20232

*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

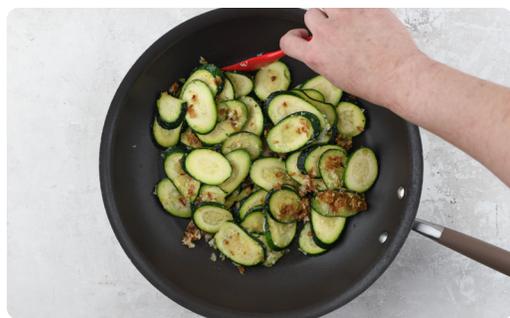


1. Cook the Chicken

- Pat **chicken** dry, and season both sides with **poultry seasoning**.
- 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.
- While chicken cooks, continue recipe.

Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Step 1, cooking until browned and pork reaches minimum internal temperature, 5-7 minutes per side. Rest, 3 minutes.
- If using **salmon filets**, pat dry and season flesh side with **poultry seasoning**. Follow same instructions as chicken in Step 1, searing, skin side up first, until browned and salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **NY strip steak**, 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.
- *Protein thickness can vary; if you receive a thinner cut, we recommend checking for doneness sooner.*



2. Cook the Zucchini

- Trim **zucchini** ends and cut into 1/4" slices on an angle.
- Place a large non-stick pan over medium-high heat.
- Add 2 tsp. **olive oil**, zucchini, and 1/4 tsp. **salt** to hot pan. Stir occasionally until lightly browned and tender, 4-6 minutes.
- Add 1 tsp. olive oil, **panko**, and **crispy onions**. Stir until zucchini is coated and crispy, 1-2 minutes.
- Remove from burner.
- While zucchini cooks, continue recipe.



3. Make the Sauce

- Combine **cream base** and **pesto** in a microwave-safe bowl. Microwave until warm, 1-2 minutes.
- Carefully remove from microwave. Stir in **red pepper flakes** (to taste).



4. Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **sauce**. Bon appétit!