



# Everything Bagel-Crusted Chicken

WITH CREAMY GREEN ONION SAUCE

Express



## Prep & Cook Time

15 MIN

## Cook Within

4 DAYS

## Difficulty Level

EASY

## Spice Level

MILD

## You Will Need

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

## 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

2 tsp. "Everything Bagel" Seasoning  
2 oz. Light Cream Cheese  
¼ oz. Flour  
2 Green Onions  
½ oz. Shredded Parmesan Cheese  
¼ cup Panko Breadcrumbs  
¼ tsp. Red Pepper Flakes  
.42 oz. Mayonnaise  
12 oz. Broccoli Florets  
**Customize It Options**  
12 oz. Boneless Skinless Chicken Breasts  
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts  
12 oz. Salmon Fillets  
12 oz. Sirloin Steaks  
16 oz. USDA Choice New York Strip Steak

View nutritional information at [www.homechef.com/20530](http://www.homechef.com/20530)

\*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

### Customize It Instructions

- If using **salmon fillets**, pat dry and add **topping** to flesh side. Follow same instructions as chicken in Step 2, cooking, topping side down first, until browned and salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **sirloin steaks**, follow same instructions as chicken in Steps 1 and 2, cooking until steaks reach minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes.
- If using **NY strip steaks**, follow same instructions as chicken in Steps 1 and 2, cooking until steaks reach desired doneness, or 7-10 minutes per side for medium/medium-well. Rest, 3 minutes.



### 1. Prepare the Ingredients

- Pat **chicken** dry and spread **mayonnaise** evenly on one side.
- Combine **panko** and **"Everything Bagel" seasoning** on a plate. Place chicken, mayonnaise-side down, in panko mixture, pressing gently to adhere.



### 2. Cook the Chicken

- Place a medium non-stick pan over medium heat and add 1 Tbsp. **olive oil**. Add **chicken** to hot pan, panko-side down first, 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.



### 3. Cook the Broccoli

- Cut **broccoli** into bite-size pieces.
- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**, broccoli, ¼ tsp. **salt**, a pinch of **pepper**, and ¼ cup **water** to hot pan. Cover and cook until water is almost completely evaporated, 4-6 minutes.
- Uncover and stir occasionally until tender, 2-3 minutes.
- Remove from burner.
- While broccoli cooks, continue recipe.



### 4. Make Sauce and Finish Dish

- Trim and thinly slice **green onions**.
- In a microwave-safe bowl, combine softened **cream cheese**, **flour**, a pinch of **salt** and **pepper**, and ⅓ cup **water**. Microwave until melted and smooth, 45-60 seconds, pausing and stirring in 15 second increments.
- If too thick, add additional water, 1 tsp. at a time, until desired consistency is reached.
- Carefully remove from microwave and stir in green onions.
- Plate dish as pictured on front of card, topping **chicken** with sauce and garnishing **broccoli** with **Parmesan** and **red pepper flakes** (to taste). Bon appétit!