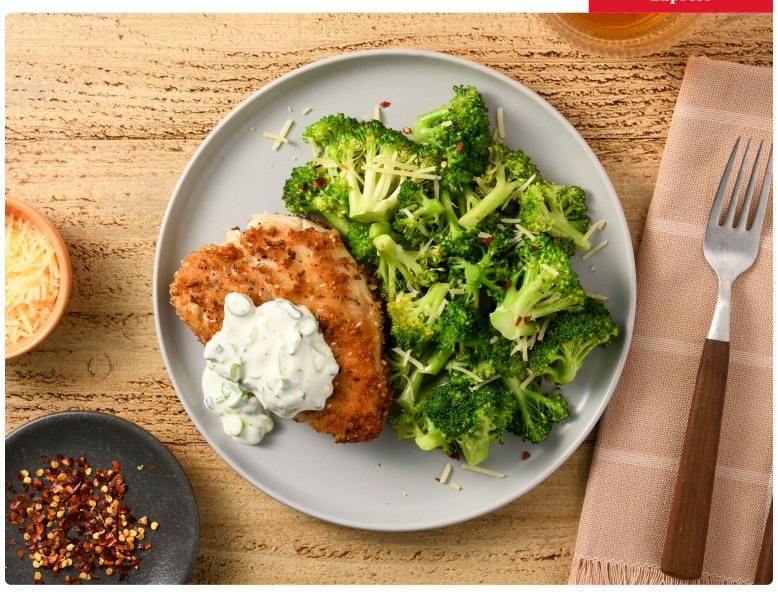


Everything Bagel-Crusted Chicken

WITH CREAMY GREEN ONION SAUCE





Prep & Cook Time	Cook Within	
15 MIN	4 DAYS	
Difficulty Level	Spice Level	
EASY	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.

View nutritional information at 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.

Ingredients

2 tsp. "Everything Bagel" Seasoning

2 oz. Light Cream Cheese

1/4 oz. Flour

2 Green Onions

1/2 oz. Shredded Parmesan Cheese

1/4 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

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.



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.



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 1/3 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!



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.



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, $\frac{1}{4}$ tsp. salt, a pinch of pepper, and $\frac{1}{4}$ 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.

