



**NUTRITION** per serving 23g carbohydrates 34g fat 54g protein 1277mg sodium | calorie-conscious, carb-conscious



Calories  
**588**



Prep & Cook Time  
**25-35 min.**



Cook Within  
**5 days**



Difficulty  
**Expert**



Spice Level  
**Not Spicy**



# Spinach and Parmesan-Stuffed Chicken

with lemon-garlic roasted cauliflower

## IN YOUR BOX

- 1 Cauliflower Head
- 1 Lemon
- 2 Garlic Cloves
- 4 oz. Grape Tomatoes
- ¼ oz. Parsley
- 2 Boneless Skinless Chicken Breasts
- 4 oz. Baby Spinach
- 2 oz. Shaved Parmesan
- .6 oz. Butter

## CONTAINS: milk

*Packaged in a facility that also packages peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients*

## IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Medium Oven-Safe Non-Stick Pan

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## BEFORE YOU COOK

- ☐ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ☐ Preheat oven to **400 degrees**
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray

## WHILE YOU COOK

- ☐ **Heads Up! Lemon juice** is used twice. 1 Tbsp. flavors **cauliflower** and remaining is added to **spinach stuffing** to taste.
- ☐ **Heads Up! Garlic** is used twice. Half is added to **cauliflower** and remaining is added to **spinach stuffing**.
- ☐ **Heads Up! Parmesan** is used twice. Half is added to **spinach stuffing** and remaining garnishes dish.
- ☐ Be sure to keep a dry towel around handle of pan after removing from oven as a reminder that it's still very hot.

## FROM THE CHEF

To get a good sear on the chicken, make sure your pan is hot, put the smooth side of the chicken breast down first, gently press in place for a few seconds, and then try not to move the chicken for the first 2-3 minutes.

### Did you know...

*Roasted cauliflower is definitely having a moment for both professional and home chefs, but it's no brassica-come-lately. Mark Twain referred to cauliflower as "cabbage with a college education."*



1

## Prepare the Ingredients

Remove leaves from **cauliflower**, core, and cut into bite-sized florets. Zest **lemon**, halve, and cut two thin rounds off ends. Juice remaining lemon. Mince **garlic**. Halve **tomatoes**. Stem and mince **parsley**. Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



4

## Prepare and Sear the Chicken

Lay **chicken** on a cutting board. Hold knife blade parallel to the board and carefully make a lengthwise cut through the center of the meat, using your free hand to steady meat. Stop short of opposite edge of chicken so it remains in one piece. Open as you would a book. Stuff chicken with **spinach stuffing**. Melt **butter** in pan used to cook spinach over medium-high heat. Add stuffed chicken to hot pan and cook undisturbed until golden brown, 2-3 minutes.



2

## Roast the Cauliflower

Toss **cauliflower**, 1 Tbsp. **lemon juice** (reserving remaining for stuffing), 1 Tbsp. **olive oil**, half the **garlic** (reserving remaining for stuffing), and ¼ tsp. **salt** and a pinch of **pepper** on prepared baking sheet. Spread into a single layer and roast until tender and caramelized, 22-25 minutes. While cauliflower roasts, prepare spinach stuffing.



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## Finish the Chicken

Flip **chicken** and top each with a **lemon round**. Place pan in oven and roast until chicken reaches a minimum internal temperature of 165 degrees, 9-11 minutes. Remove pan from oven.



3

## Prepare the Spinach Stuffing

Heat 1 tsp. **olive oil** in a medium oven-safe non-stick pan over medium heat. Add remaining **garlic** and cook until aromatic, 30-60 seconds. Add **spinach** and **tomatoes** and cook until spinach has just wilted, 1-2 minutes. Stir in half the **Parmesan** (reserve remaining for garnish), **lemon juice** (to taste), and a pinch of **salt** and **pepper**. Transfer stuffing to a plate and set aside to cool. Wipe pan clean and reserve.



6

## Finish the Dish

Place a **stuffed chicken breast** on a plate and serve with roasted **cauliflower**. Garnish with **parsley**, remaining **Parmesan**, and **lemon zest** (to taste).