



In your box

- 12 oz. Boneless Skinless Chicken Breasts
- .8 oz. Bacon Bits
- ½ cup Seasoned Wild Rice Blend
- 1 oz. Shredded Swiss Cheese
- ¼ oz. Flour
- 8 oz. Cubed Butternut Squash
- 1 oz. Sour Cream
- ½ cup Panko Breadcrumbs
- ½ fl. oz. Garlic Oil
- 6 Chive Sprigs

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, Medium Pot, 2 Mixing Bowls, Medium Oven-Safe 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.

Culinary Collection



Chicken Cordon Bleu and Chive Crema

with wild rice and roasted butternut squash

NUTRITION per serving—Calories: 850, Carbohydrates: 65g, Sugar: 5g, Fiber: 4g, Protein: 50g, Sodium: 1610mg, Fat: 43g, Saturated Fat: 10g
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

50-60 min.

Cook Within

5 days

Difficulty Level

Expert

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil and cooking spray



1. Cook the Rice

- Bring a medium pot with **rice** and 1 cup **water** to a boil.
- Once boiling, reduce heat to a simmer. Cover, and cook until tender, 20-23 minutes.
- Remove from burner and fluff rice. Cover and set aside.
- While rice cooks, roast butternut squash.



2. Roast Butternut Squash and Make Chive Crema

- Halve any large **butternut squash** pieces to roughly match smaller pieces.
- Place butternut squash on prepared baking sheet and toss with 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil, salt, and pepper into squash.
- Spread into a single layer. Roast in hot oven until tender, 15-20 minutes.
- Remove from oven. Drizzle roasted butternut squash with **garlic oil**.
- While squash roasts, mince **chives**. Combine **sour cream** and chives in a mixing bowl. Set aside.



3. Stuff the Chicken

- Pat **chicken** dry.
- Place chicken on a clean cutting board. Hold knife blade parallel to the board and carefully make a lengthwise cut through the center of meat, using your free hand to steady chicken. Stop short of opposite edge of chicken so meat remains in one piece. Open chicken as you would a book.
- Top chicken evenly with **bacon**, then **cheese**. Fold chicken over filling, enclosing completely.



4. Bread the Chicken

- In another mixing bowl, combine **flour** and 1 Tbsp. **water** until a pancake batter-like mixture forms. *If too thick, add additional water, 1 tsp. at a time, until desired consistency is reached.*
- Place **panko** on a plate.
- Place a medium oven-safe non-stick pan over medium heat and add 3 Tbsp. **olive oil**. Let oil heat, 5 minutes.
- While oil heats, gently dip **stuffed chicken** in flour batter, covering completely. Transfer to plate with panko. Flip until both sides are coated completely, pressing gently to adhere.



5. Cook Chicken and Finish Dish

- Line a plate with a paper towel. Test oil temperature by adding a pinch of **flour batter** to it. It should sizzle gently. *If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.*
- Lay **chicken breasts** away from you in hot oil and cook until golden-brown, 5-6 minutes on one side.
- Flip chicken, and transfer pan to hot oven. Roast until chicken reaches a minimum internal temperature of 165 degrees, 6-8 minutes.
- Carefully remove pan from oven. *Pan handle will be hot! Use an oven mitt.* Transfer chicken to towel-lined plate. Rest, 5 minutes.
- Plate dish as pictured on front of card, halving chicken, if desired, and topping chicken with **chive crema**. Bon appétit!