



# Spinach-Artichoke Chicken

WITH ROASTED BROCCOLI AND ZUCCHINI

Meal Kit



## Prep & Cook Time

30-40 MIN

## Cook Within

5 DAYS

## You Will Need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, Medium Oven-Safe Non-Stick Pan, Mixing Bowl

## Ingredients

- 1 Zucchini
- 1 oz. Light Cream Cheese
- 6 oz. Broccoli Florets
- ½ tsp. Garlic Salt
- 1 oz. Artichoke Hearts
- ½ oz. Baby Spinach
- 2 oz. Shredded Mozzarella

## Customize It Options

- 12 oz. Boneless Skinless Chicken Breasts
- 12 oz. Filets Mignon
- 16 oz. USDA Choice New York Strip Steak
- 12 oz. Boneless Pork Chops
- 12 oz. Sirloin Steaks

## Difficulty Level

INTERMEDIATE

## Spice Level

NOT SPICY

## 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/22571](http://www.homechef.com/22571)

\*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
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes
- Set **cream cheese** on counter to soften
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **garlic salt**

### Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Steps 1, 4, and 5, cooking 2-3 minutes per side, adding **topping**, then roasting until pork reaches minimum internal temperature, 5-6 minutes. Rest, 3 minutes.
- If using **filets mignon**, follow same instructions as chicken in Steps 1, 4, and 5, cooking 1-2 minutes per side, adding topping, then roasting until steaks reach minimum internal temperature, 12-14 minutes. Rest, 3 minutes.
- If using **sirloin steaks**, follow same instructions as chicken in Steps 1, 4, and 5, cooking undisturbed, 1-2 minutes per side, adding topping, then roasting until steaks reach minimum internal temperature, 7-9 minutes. Rest, 3 minutes.
- If using **NY strip steak**, follow same instructions as chicken in Steps 1, 4, and 5, cooking undisturbed, 1-2 minutes per side, adding topping, then roasting until steaks reach minimum internal temperature, 10-12 minutes. Rest, 3 minutes.



### 1. Prepare the Ingredients

- Cut **broccoli** into bite-sized pieces.
- Trim **zucchini** ends, halve lengthwise, and cut into 1/2" half-moons.
- Drain **artichokes**. Squeeze out liquid and coarsely chop.
- Pat **chicken** dry and season both sides with 1/4 tsp. **salt** and 1/4 tsp. **pepper**.



### 2. Roast the Vegetables

- Place **broccoli** and **zucchini** on prepared baking sheet and toss with 1 Tbsp. **olive oil**, half the **garlic salt** (reserve remaining for topping), and 1/4 tsp. **pepper**. Massage oil and seasoning into vegetables.
- Spread into a single layer. Roast in hot oven until tender and lightly browned, 15-18 minutes.
- While vegetables roast, continue recipe.



### 3. Make the Topping

- Place a medium oven-safe non-stick pan over medium heat. Add 1 tsp. **olive oil** and **spinach** to hot pan. Stir occasionally until spinach is wilted, 1-2 minutes.
- Remove from burner. Transfer spinach to a mixing bowl. Stir in **artichokes**, **mozzarella**, softened **cream cheese**, remaining **garlic salt**, and 1/4 tsp. **pepper** until combined. Set aside.
- Wipe pan clean and reserve.



### 4. Sear and Top the Chicken

- Return pan used to wilt spinach to medium-high heat. Add 1 tsp. **olive oil** and **chicken** to hot pan. Cook undisturbed until browned on one side, 3-4 minutes.
- Flip chicken and cook undisturbed, 2 minutes.
- Remove from burner. *Chicken will finish cooking in a later step.* Carefully spread **topping** evenly over chicken.



### 5. Roast Chicken and Finish Dish

- Transfer pan to hot oven and roast until **topping** is lightly browned and **chicken** reaches a minimum internal temperature of 165 degrees, 8-12 minutes.
- *Pan handle will be hot! Use an oven mitt.*
- Plate dish as pictured on front of card. Bon appétit!