



# Chicken Marsala en Croûte

WITH ROASTED BRUSSELS SPROUTS

Culinary Collection



**Prep & Cook Time**

40-50 MIN

**Cook Within**

5 DAYS

**You Will Need**

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

**Ingredients**

- 1 fl. oz. Marsala Wine
  - 1 tsp. Smoked Maple Seasoning
  - 1 oz. Shredded Parmesan Cheese
  - 2 tsp. Chicken Broth Concentrate
  - 1 oz. Light Cream Cheese
  - ¼ oz. Flour
  - 2 oz. Puff Pastry Dough Square
  - 12 oz. Brussels Sprouts
  - 4 oz. Cremini Mushrooms
- Customize It Options**
- 12 oz. Boneless Skinless Chicken Breasts
  - 12 oz. Filets Mignon
  - 12 oz. Sirloin Steaks
  - 12 oz. Boneless Pork Chops

**Difficulty Level**

EXPERT

**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/23364](http://www.homechef.com/23364)

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

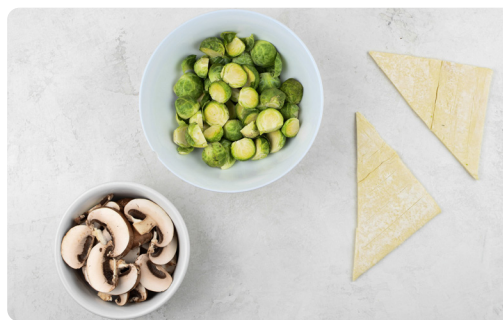
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, sesame, and shellfish ingredients.

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 **425 degrees**. Let preheat, at least 10 minutes
- Set **cream cheese** on counter to soften
- Prepare a baking sheet with foil and generously coat with cooking spray
- Refrigerate **puff pastry** until ready to use
- Ingredient(s) used more than once: **Parmesan**



### 1. Prepare the Ingredients

- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Cut **mushrooms** into 1/4" slices.
- Remove **puff pastry** from refrigerator. Remove any paper between puff pastry, if necessary. Halve puff pastry on an angle, making two evenly-sized triangles. Refrigerate again. *Keeping pastry cold makes it easier to work with.*
- Pat **chicken** dry, and season both sides with a pinch of **pepper**.

### Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Steps 1, 2, 3, and 4, searing until browned, 2-3 minutes per side, topping with **puff pastry**, then roasting until golden brown and pork reaches minimum internal temperature, 15-16 minutes.
- If using **sirloin steaks** or **filets mignon**, follow same instructions as chicken in Steps 1, 2, 3, and 4, searing until browned, 2-3 minutes per side, topping with puff pastry, then roasting until golden brown and steaks reach minimum internal temperature 14-15 minutes. Rest, 3 minutes.



### 2. Sear the Chicken

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **chicken** to hot pan. Cook undisturbed until browned, 2-3 minutes per side.
- Remove from burner. *Chicken will finish cooking in a later step.*



### 3. Prepare the Chicken and Brussels Sprouts

- Place **Brussels sprouts** on prepared baking sheet and toss with 1/2 tsp. **olive oil**, **smoked maple seasoning**, and a pinch of **pepper**. Spread into a single layer on one side.
- Transfer **chicken** to other half of baking sheet. Reserve pan; no need to wipe clean.
- Top chicken evenly with softened **cream cheese**, a pinch of **pepper**, and half the **Parmesan** (reserve remaining for puff pastry).



### 4. Roast the Chicken and Brussels Sprouts

- Remove **puff pastry triangles** from refrigerator and wrap around each **chicken breast**, tucking ends underneath. Using the tip of a knife, draw lines on puff pastry, 1/4" apart, on an angle. *This is called scoring.* Top evenly with 1 tsp. **olive oil** and remaining **Parmesan**.
- Roast in hot oven until **Brussels sprouts** are tender, puff pastry is golden brown, and chicken reaches a minimum internal temperature of 165 degrees, 15-18 minutes.
- While chicken and Brussels sprouts roast, continue recipe.



### 5. Make Sauce and Finish Dish

- Return pan used to cook chicken to medium-high heat. Add 1 tsp. **olive oil**, **mushrooms**, and a pinch of **salt** and **pepper** to hot pan. Stir occasionally until tender, 3-4 minutes.
- Reduce heat to medium-low. Add **flour** and stir until no dry flour remains.
- Add **wine**, **chicken base**, and 1/2 cup **water**. Bring to a simmer. Once simmering, stir constantly until thick enough to coat the back of a spoon, 2-4 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **chicken** with sauce. Bon appétit!