



NUTRITION *per serving* 20g carbohydrates 22g fat 70g protein 745mg sodium | CONTAINS dairy | calorie-conscious, carb-conscious



Calories
564



Prep & Cook Time
25-35 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- .6 oz. Butter
- 2 Garlic Cloves
- 10 oz. Kale
- 2 Boneless Skinless Chicken Breasts
- 1 oz. Grated Parmesan Cheese
- 2 oz. Shredded Mozzarella
- 5 oz. Spinach
- 8 fl. oz. Marinara Sauce

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Mixing Bowl
- Large Non-Stick Pan

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CUSTOMER FAVORITE

Skinny Chicken Mozzarella
with marinara and garlicky greens

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 **450 degrees**
- Set **butter** on counter to soften
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- Some can't get enough **garlic**, and others prefer a lighter touch. Feel free to use only half the garlic when cooking the greens.

FROM THE CHEF

When cooking spinach and kale, don't worry about pan being crowded, as greens will cook down considerably.

Did you know...

Once relegated to buffet tables as mere garnish, kale has come into the spotlight on its own — and for good reason. One delicious cup provides more than the daily requirement of vitamins A and C, and it's also a great source of calcium and fiber.



1

Prepare the Ingredients

Mince **garlic**. Stem **kale** and coarsely chop. Rinse **chicken breasts** and pat dry.



2

Coat the Chicken

On a separate cutting board, cut **chicken** into thirds. Combine **softened butter** and **Parmesan** in a large mixing bowl. Season with a pinch of **salt and pepper**. Add chicken to bowl and coat completely with **butter-Parmesan mixture**.



3

Bake the Chicken

Place coated **chicken** on prepared baking sheet and bake until chicken begins to brown, 6-8 minutes. Remove from oven, top each cutlet with **mozzarella cheese**, and bake until mozzarella bubbles and browns, and chicken reaches a minimum internal temperature of 165 degrees, 4-6 minutes. While chicken bakes, cook kale and spinach.



4

Cook the Kale and Spinach

Place a large non-stick pan over medium heat. Add 1 tsp. **olive oil**, **garlic**, 1 Tbsp. **water**, **spinach**, and **kale** to hot pan and cook until wilted, 3-4 minutes. Remove from burner and season with a pinch of **salt and pepper**. Remove to a plate and wipe pan clean.



5

Heat the Sauce

Return pan used to cook greens to low heat. Add **marinara sauce** and ¼ cup **water** to hot pan. Cook until warm, 2-4 minutes.



6

Plate the Dish

Add a serving of **garlicky greens** to a plate. Spoon **sauce** onto plate and place three **chicken cutlets** over sauce.