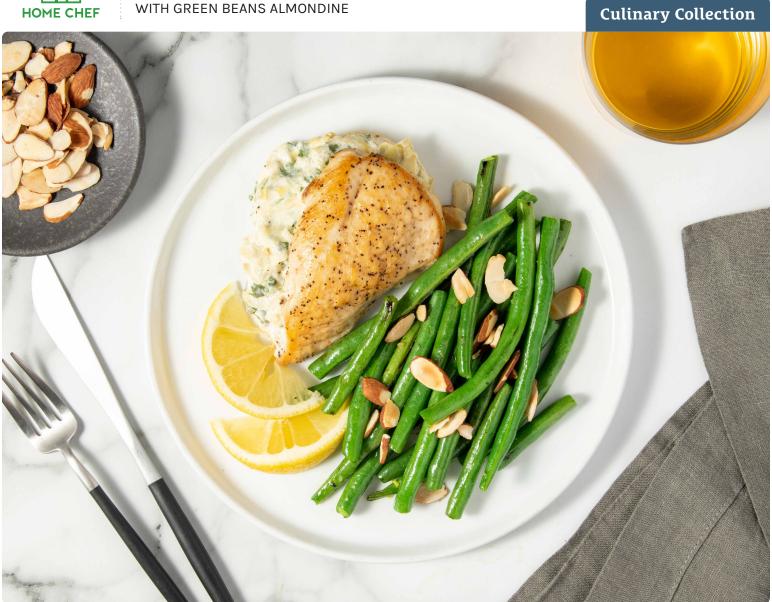


Spinach Artichoke-Stuffed Chicken Breast



Prep & Cook Time 30-40 MIN

Difficulty Level
INTERMEDIATE

Cook Within 5 DAYS

Spice Level
NOT SPICY

You Will Need

Olive Oil, Salt, Pepper Mixing Bowl, Medium Oven-Safe Non-Stick Pan, Large 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.

View nutritional information at www.homechef.com/23800

*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.

Ingredients

2 oz. Artichoke Hearts

12 oz. Trimmed Green Beans

1/2 oz. Baby Spinach

2 oz. Light Cream Cheese

1 Lemon

1 oz. Shredded Parmesan Cheese

 $1/_2$ oz. Sliced Almonds

.8 oz. Lemon Garlic Butter

1 tsp. Garlic Pepper

Customize It Options

12 oz. Boneless Skinless Chicken Breasts

12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

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 butter and cream cheese on counter to soften



1. Prepare the Ingredients

- Halve lemon lengthwise. Quarter one half into wedges and juice the
- Trim ends off green beans.
- Coarsely chop spinach.
- Coarsely chop artichokes.



2. Prepare the Chicken Breasts

- In a mixing bowl, thoroughly combine softened cream cheese, 2 tsp. lemon juice, spinach, artichokes, Parmesan, a pinch of salt, and 1/4 tsp. pepper.
- Pat chicken breasts dry, and place on a clean cutting board. Using a sharp knife, make a lengthwise cut in the thickest end of chicken breast. Cut should be deep enough to stuff with artichoke-spinach mixture. Repeat with second chicken breast.
- Fill chicken breasts evenly with artichoke-spinach mixture. If chicken breast is misshapen, gently press to flatten. Season one side with garlic pepper.



4. Cook the Green Beans

- Place a large non-stick pan over medium-high heat and add 2 tsp. olive oil.
- Add green beans to hot pan and cook, 1 minute.
- Add 1/4 cup water, 1/4 tsp. salt, and a pinch of pepper. Cover, and stir occasionally until tender, 6-8 minutes.
- If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3
- Remove from burner and stir in softened butter and a pinch of salt.



3. Cook the Chicken Breasts

- Place a medium oven-safe non-stick pan over medium-high heat and add 2 tsp. olive oil. Add chicken breasts to hot pan, seasoned side down. Cook undisturbed until browned, 2-3 minutes per side.
- Remove from burner. Transfer pan to hot oven and roast until chicken breasts reach a minimum internal temperature of 165 degrees, 10-12 minutes.
- While chicken breasts cook, continue recipe.



5. Finish the Dish

• Plate dish as pictured on front of card, topping green beans with almonds. Squeeze lemon wedges over green beans to taste. Bon appétit!

