

Spinach Artichoke-Stuffed Chicken Breast

WITH GREEN BEANS ALMONDINE

Culinary Collection



Prep & Cook Time

30-40 MIN

Cook Within

5 DAYS

Difficulty Level

INTERMEDIATE

Spice Level

NOT SPICY

You Will Need

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

Ingredients

2 oz. Artichoke Hearts
12 oz. Trimmed Green Beans
½ oz. Baby Spinach
2 oz. Light Cream Cheese
1 Lemon
1 oz. Shredded Parmesan Cheese
½ 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

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.

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 other half.
- 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 ¼ 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**.



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.



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 ¼ cup **water**, ¼ 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 minutes.*
- Remove from burner and stir in softened **butter** and a pinch of salt.



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!