



Creamy Lemon and Spinach Chicken Cutlet

WITH PEAS AND RICE

Meal Kit



Prep & Cook Time

30-40 MIN

Cook Within

5 DAYS

You Will Need

Olive Oil, Salt, Pepper
Small Pot, Large Non-Stick Pan

Difficulty Level

INTERMEDIATE

Spice Level

NOT SPICY

Ingredients

1 Lemon
5 oz. Peas
2 oz. Baby Spinach
10 oz. Boneless Skinless Chicken Breast Cutlet
2 tsp. Mirepoix Broth Concentrate
3 oz. Crème Fraîche
½ tsp. Garlic Salt
5.47 oz. Long Grain White Rice

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/26552

*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, 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



1. Cook the Rice

- Bring a small pot with 1¼ cups **water**, **rice**, **garlic salt**, and a pinch of **pepper** to a boil.
- Once boiling, reduce to a simmer, cover, and cook until rice is tender, 14-17 minutes.
- Remove from burner. Stir in **peas** until heated through. Cover and set aside.



2. Prepare the Ingredients

- Coarsely chop **spinach**.
- Zest and halve **lemon**. Cut one half into wedges and juice the other half.



3. Cook the Chicken

- Pat **chicken** dry and season both sides with a pinch of **salt** and **pepper**. Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add chicken to hot pan and cook until chicken reaches a minimum internal temperature of 165 degrees, 4-6 minutes per side.
- *Cutlet thickness can vary; if you receive a thinner cutlet, we recommend checking for doneness sooner.*
- Remove from burner. Transfer chicken to a plate. Keep pan over medium heat.



4. Make the Sauce

- Add 2 tsp. **olive oil** and **spinach** to hot pan. Stir occasionally until slightly wilted, 2-3 minutes.
- Add ½ cup **water**, **crème fraîche**, 1 tsp. **lemon zest**, 2 tsp. **lemon juice**, **mirepoix base**, and a pinch of **salt** and **pepper**. Stir to combine.



5. Add Chicken and Finish Dish

- Add **chicken** to hot pan with **sauce** and bring to a simmer.
- Once simmering, stir occasionally until sauce has thickened and chicken is warmed through, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping chicken with sauce. Squeeze **lemon wedges** over chicken (to taste). Bon appétit!