



White Wine Chicken Scaloppini

WITH ROASTED ZUCCHINI AND CARROTS

Meal Kit



Prep & Cook Time

35-45 MIN

Cook Within

5 DAYS

You Will Need

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

Ingredients

2 fl. oz. White Cooking Wine
16 oz. Carrot
2 Zucchini
2 Garlic Cloves
2 Roma Tomatoes
0.8 oz. Tuscan Herb Butter

Customize It Options

12 oz. Boneless Skinless Chicken Breasts
12 oz. Filets Mignon
12 oz. Salmon Fillets
12 oz. Boneless Pork Chops
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/26632

*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
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Steps 3 and 4, cooking until pork reaches minimum internal temperature, 3-5 minutes per side. Rest, 3 minutes.
- If using **filets mignon**, follow same instructions as chicken in Steps 3 and 4, cooking until steaks reach desired doneness, or 4-6 minutes per side for medium/medium-well. Rest, 3 minutes. *Skip pounding step.*
- If using **salmon fillets**, pat dry and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as chicken in Step 4, cooking skin-side up first, until salmon reaches minimum internal temperature, 4-6 minutes per side. *Skip pounding step.*



1. Prepare the Ingredients

- Peel, trim, and cut **carrot** into ¼" slices on an angle. (If carrot is larger than 1" in diameter, halve before slicing.)
- Trim **zucchini**, halve lengthwise, and cut into ½" half-moons.
- Core **tomatoes** and cut into ¼" dice.
- Mince **garlic**.



2. Roast the Vegetables

- Place **carrots** and **zucchini** on separate halves of prepared baking sheet and toss with 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer. Roast in hot oven until fork-tender, 15-17 minutes.
- While vegetables roast, continue recipe.



3. Prepare the Chicken

- Pat **chicken** dry and top with 1 tsp. **olive oil**.
- Cover chicken with plastic wrap. *You may also use a gallon bag for easier clean-up. Use a heavy object to pound to an even 1/8" thickness.*
- Unwrap chicken. Season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



4. Cook the Chicken

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **chicken** to hot pan and cook undisturbed until browned, 2-3 minutes on one side.
- Lower heat to medium. Flip chicken and cook until chicken reaches a minimum internal temperature of 165 degrees, 3-5 minutes.
- Remove from burner. Transfer chicken to a plate and tent with foil. Reserve pan; no need to wipe clean.



5. Make Sauce and Finish Dish

- Return pan used to cook chicken to medium-high heat.
- Add 1 tsp. **olive oil** and **garlic** to hot pan. Stir constantly until golden and aromatic, 30-45 seconds.
- Add **white wine**. *Adding alcohol to a hot pan may cause some flames; use caution.* Cook until mostly evaporated, 1-2 minutes.
- Remove from burner. Stir in **tomatoes**, **butter** (to taste), and ¼ tsp. **salt** until combined, 30-45 seconds.
- Plate dish as pictured on front of card, topping **chicken** with sauce. Bon appétit!