



In your box

1 ½ oz. Dijon Mustard
12 oz. Cauliflower Florets
2 Garlic Cloves
8 oz. Green Beans
2 Boneless Skinless Chicken Breasts
½ oz. Grated Parmesan
¼ cup Panko Breadcrumbs
4 fl. oz. Light Cream



Crispy Dijon Chicken

with Parmesan cauliflower mash and green beans

NUTRITION per serving—Calories: 532, Carbohydrates: 28g, Fat: 26g, Protein: 47g, Sodium: 1479mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
45-55 min.

Cook Within
5 days

Difficulty Level ● ● ●
Intermediate

Spice Level ● ● ●
Not Spicy

① You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, Medium Pot, 2 Mixing Bowls, Medium Non-Stick Pan

👩 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 **400 degrees**
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray
- ☐ Ingredient(s) used more than once: **Dijon**



1

Prepare the Ingredients

- Cut **cauliflower florets** into bite-sized pieces, if necessary.
- Halve **garlic cloves**.
- Trim ends off **green beans**.
- Pat **chicken breasts** dry, and season both sides with a pinch of **pepper**.



2

Prepare the Cauliflower Mash

- Bring a medium pot with **cauliflower**, **garlic**, 1½ cups **water**, and ¼ tsp. **salt** to a boil over high heat. Reduce heat to medium-high and stir occasionally until water evaporates completely, 15-17 minutes.
- *Make sure no water is left in pot; remaining water will make mash runny.*
- Add **Parmesan** and mash until slightly chunky. Taste, and season with a pinch of salt and **pepper** if desired. Cover and set aside.
- While cauliflower cooks, bread chicken.



3

Bread the Chicken

- Place ⅔ the **Dijon** (reserve ⅓ for sauce) and **panko** in two separate mixing bowls.
- Coat **chicken** completely in Dijon. Place coated chicken in panko and cover completely, pressing to adhere.
- Place breaded chicken on a plate.



4

Sear the Chicken

- Heat 2 tsp. **olive oil** in a medium non-stick pan over medium-high heat.
- Add **crusted chicken** and sear until golden brown, 2-3 minutes per side.
- Transfer chicken to one side of prepared baking sheet.
- Wipe pan clean and reserve.



5

Roast Green Beans and Make Sauce

- Toss **green beans** with 1 tsp. **olive oil** and a pinch of **salt** and **pepper** on empty half of baking sheet. Roast in hot oven until **chicken** reaches a minimum internal temperature of 165 degrees, 12-15 minutes.
- Rest chicken 3 minutes. While chicken rests, return pan used to sear chicken to medium-high heat and add **cream**. Bring to a simmer and cook until thickened, 2-3 minutes.
- Remove from burner and swirl in remaining **Dijon**.
- Plate dish as pictured on front of card, spooning sauce over chicken. Bon appétit!