



NUTRITION *per serving* 22g carbohydrates 18g fat 70g protein 515mg sodium | low-calorie, low-carb, gluten-free, soy-free, nut-free



Calories
520



Prep & Cook Time
30-40 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy



HOME CHEF

Chicken au Fromage

with mushroom-cheese sauce and lemon-broccoli

IN YOUR BOX

- 6 oz. Cremini Mushrooms
- 6 oz. Broccoli
- 4 oz. Grape Tomatoes
- 1 Lemon
- 2 Boneless Skinless Chicken Breasts
- 1/3 oz. Butter
- 5 oz. Canned Evaporated Whole Milk
- 1 1/2 oz. Shaved Parmesan

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- 2 Medium Pans

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** **Parmesan** is used twice. Most goes in **sauce**, with a pinch reserved for garnish.

FROM THE CHEF

Loosely tenting cooked chicken breasts with foil allows them to rest while you finish preparing meal, keeping them warm and juicy.

Did you know...

Cremini mushrooms also go by the name “baby bellas,” because when they grow up, they become portobello mushrooms.



Prepare the Ingredients

Cut **mushrooms** into ¼” slices. Cut any large **broccoli pieces** into bite-sized florets. Halve **grape tomatoes**. Zest and halve **lemon**. Rinse **chicken breasts**, pat dry, and season each with ½ tsp. **salt** and a pinch of **pepper**.



Cook the Chicken and Mushrooms

Heat a medium pan over medium heat. Add 2 tsp. **olive oil** and **chicken** to hot pan and cook 4-5 minutes on one side, or until deep brown. Flip chicken, add **mushrooms** to pan, and season mushrooms with ¼ tsp. **salt** and a pinch of **pepper**. Cook, stirring mushrooms occasionally, 5-7 minutes, or until mushrooms are browned and chicken reaches a minimum internal temperature of 165 degrees. Transfer chicken to a plate, tent loosely with foil, and set aside.



Cook the Broccoli

While chicken is cooking, heat **broccoli** and ¼ cup **water** in a second medium pan over medium-high heat. When water boils, cover and cook 2 minutes, or until broccoli is bright green. Uncover and cook 2 minutes, or until broccoli is cooked, but still a little crisp and water has evaporated. Remove from heat and toss with **tomatoes**, ½ tsp. **lemon juice** (to taste), and **butter**. Season to taste with ¼ tsp. **salt** and a pinch of **pepper**, cover, and set aside.



Finish the Sauce

In pan containing mushrooms, add **evaporated milk**, ¼ cup **water**, and **Parmesan** (reserve a pinch for garnish) and cook, stirring constantly, 3-5 minutes, or until cheese melts and sauce thickens slightly. Season to taste with **salt and pepper**.



Plate the Dish

Spoon **sauce** on a plate and arrange **broccoli** and **tomatoes** next to sauce. Place a **chicken breast** over sauce and spoon some sauce over chicken. Garnish with **lemon zest** and reserved **Parmesan**. Serve immediately.