



NUTRITION *per serving* 20g carbohydrates 27g fat 70g protein 1361mg sodium | low-calorie, low-carb, gluten-free, soy-free, nut-free



Calories
592



Prep & Cook Time
35-45 min.



Cook Within
5 days



Difficulty
Expert



Spice Level
Not Spicy

IN YOUR BOX

- 10 oz. Cauliflower Florets
- 1 ½ oz. Grated Parmesan Cheese
- 1 ½ oz. Liquid Egg
- 2 tsp. Cornstarch
- 2 tsp. Italian Seasoning Blend
- 1 Garlic Clove
- 1 Roma Tomatoes
- 4 oz. Ovolini Mozzarella
- 2 Boneless Skinless Chicken Breasts
- 4 oz. Spinach
- 1 Tbsp. Balsamic Glaze

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Colander
- Baking Sheet
- Medium Pot
- Mixing Bowl
- Large Oven-Safe Nonstick Pan

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HOME CHEF

Margherita Chicken Breast

with Parmesan-cauliflower fritters

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
- Place a colander in the sink
- Prepare a baking sheet with foil and cooking spray
- Preheat oven to **375 degrees**
- Bring a **medium** pot of **lightly salted water** to a boil

WHILE YOU COOK

- **Heads up!** Half the Italian seasoning is used in cauliflower fritter batter and the rest is used to marinate tomatoes and mozzarella.
- Don't have a large non-stick pan for cooking the cauliflower fritters? Work in two batches in a medium non-stick pan, adding 1 Tbsp. olive oil in between batches.

FROM THE CHEF

Form the cauliflower fritters with wet hands for easier fritter formation.

Did you know...

The iconic pizza “Margherita” was created by a Neapolitan pizza maker in 1889 to honor Queen Margherita of Savoy. The tomato, fresh mozzarella, and basil were meant to mimic the National colors of Italy.



1

Blanch Cauliflower and Make Fritter Mixture

Cut **cauliflower florets** into 1” pieces. Add cauliflower to boiling water and cook 7-9 minutes, or until tender. Drain in colander, rinse with cold water, shake off excess water, and let cool for 5 minutes. Wrap cooled cauliflower in a clean kitchen towel and squeeze out excess water over sink. Return to pot. Mash cauliflower until mostly smooth (consistency of lumpy mashed potatoes). Add **Parmesan cheese, liquid egg, cornstarch,** and half the **Italian seasoning**. Season with a pinch of **salt and pepper**.



4

Sear the Chicken

Rinse **chicken breasts**, pat dry, and season with a pinch of **salt and pepper**. Heat 1 tsp. **olive oil** in pan used for fritters. Add chicken breasts and sear 3-5 minutes per side, or until well-browned. Remove to baking sheet, wipe pan clean again, and return to medium heat.



2

Marinate Tomatoes and Mozzarella

Mince **garlic**. Slice **Roma tomato** into six ¼” rounds. Slice **mozzarella** into six ¼” rounds. Place tomato, garlic, and mozzarella in a mixing bowl with 2 tsp. **olive oil**, remaining **Italian seasoning**, and a pinch of **salt and pepper**. Toss to combine.



5

Finish Chicken and Wilt Spinach

Top **chicken breasts** with alternating rounds of **tomato** and **mozzarella**. Bake 8 minutes, or until cheese is slightly melted and chicken reaches a minimum internal temperature of 165 degrees. While chicken bakes, heat 1 tsp. **olive oil** in pan used in previous step. Add **spinach** and cook 3 minutes, or until slightly wilted. Season with a pinch of **salt and pepper**.



3

Form and Cook Cauliflower Fritters

Heat 1 Tbsp. **olive oil** in a large non-stick pan over medium heat. Form **cauliflower mixture** into 6 pucks, about 2 ½” in diameter and ½” thick. Add to pan and cook 5-7 minutes per side, or until well-browned. Transfer to a plate, wipe pan clean, and return to medium-high heat.



6

Plate the Dish

Serve 3 **fritters** on a plate along with **wilted spinach** and **Margherita chicken breast**. Garnish chicken with a drizzle of **balsamic glaze**.