



NUTRITION *per serving* 29g carbohydrates 18g fat 54g protein 364mg sodium | low-calorie, low-carb, gluten-free, soy-free, nut-free



Calories
469



Prep & Cook Time
25-35 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

- 12 oz. Broccoli
- 1 Roma Tomato
- 2 Garlic Cloves
- 1 Shallot
- 1 Red Bell Pepper
- 2 Boneless Skinless Chicken Breasts
- 5 oz. Canned Evaporated Whole Milk
- 2 oz. Shredded Cheddar Cheese
- ¼ tsp. Red Pepper Flakes

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Medium Pan

www.homechef.com/3237



HOME CHEF

Queso Chicken

with roasted broccoli and red peppers

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
- Preheat oven to **375 degrees**
- Prepare a baking sheet with foil and cooking spray

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!** Roma tomatoes are used twice. Save a few to garnish dish, and the rest go in the **cheese sauce**.
- **Heads up!** Garlic and shallot are used twice. Half the **garlic** and **julienned shallots** are roasted with **vegetables** and remaining garlic and **finely diced shallots** are added to **sauce**.
- While making **sauce**, be sure to remove from heat once **cheese** is added. If sauce is too thick, add 1 Tbsp. **water** at a time to thin out.
- A little goes a long way when it comes to **red pepper flakes**. Add a pinch at first, taste, and add more if desired.

FROM THE CHEF

Don't be afraid to put some cheese sauce on vegetables. Who doesn't love broccoli and cheese after all?!

Did you know...

Allergy sufferers, listen up! Broccoli contains a flavonoid called kaempferol, which may help lessen the effects of allergy-related substances.



1

Prepare the Ingredients

Cut **broccoli florets** into bite-sized pieces. Core Roma tomato and cut into $\frac{1}{4}$ " dice. Mince **garlic**. Peel and halve **shallot**. Slice half the shallot into thin strips (julienne) and cut other half into a fine dice. Stem, seed, and cut **red bell pepper** into $\frac{1}{2}$ " dice. Rinse **chicken breasts**, pat dry, and season with $\frac{1}{2}$ tsp. **salt** and a pinch of **pepper**.



4

Make the Sauce

While chicken cooks, heat 1 tsp. **olive oil** in same pan used to sear chicken (no need to wipe clean) over medium-high heat. Add remaining **garlic** and finely diced **shallots** to hot pan and cook 30 seconds, or until fragrant. Add **evaporated milk** and cook 1 minute while stirring. Stir in **shredded cheddar** and cook an additional minute, or until sauce thickens. Remove from burner and season with a pinch of **salt and pepper**. Stir in **Roma tomatoes** (reserve a pinch for garnish).



2

Start Vegetables and Sear Chicken

Heat 2 tsp. **olive oil** in a medium pan over medium-high heat. Place **chicken breasts** in hot pan and cook 3-5 minutes per side, or until golden brown. While chicken sears, place **broccoli**, **red bell pepper**, julienned **shallots**, and half the **garlic** on one half of prepared baking sheet. Toss vegetables with 2 tsp. **olive oil**, $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper**. Roast 5 minutes.



5

Plate the Dish

Place a **chicken breast** on a plate next to a serving of **roasted vegetables**. Top chicken with **sauce**. Garnish with reserved **diced tomatoes** and **red pepper flakes** (to taste).



3

Finish Chicken and Vegetables

Remove baking sheet from oven and transfer seared chicken to other half of baking sheet. Return baking sheet to oven and bake 10 minutes, or until **chicken** reaches a minimum internal temperature of 165 degrees.