



NUTRITION *per serving* 22g carbohydrates 34g fat 51g protein 816mg sodium | low-calorie, low-carb, gluten-free, soy-free



Calories
571



Prep & Cook Time
35-45 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Medium

IN YOUR BOX

- 1 Cauliflower Head
- 1 Celery Stalk
- 1 Lemon
- 1 oz. Butter
- 2 oz. Frank's Red Hot Sauce
- 2 Boneless Skinless Chicken Breasts
- 1 ½ oz. Bleu Cheese
- 1 Tbsp. Honey
- ¾ oz. Walnut Halves
- 2 oz. Baby Arugula

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Ice
- Colander
- Baking Sheet
- Mixing Bowl
- Small Pan
- Medium Non-Stick Pan

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HOME CHEF

Flavors of Buffalo Bleu Cheese Chicken Breast

with Buffalo cauliflower and arugula salad

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Place a colander in the sink
- Thoroughly rinse produce and pat dry
- Preheat oven to **450 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!** Lemon juice is used twice. 1 tsp. goes into **Buffalo sauce** and 1 Tbsp. is used for **vinaigrette**.
- **Heads Up!** Buffalo sauce is used twice. Most will be brushed on **cauliflower** while it roasts, but 1 Tbsp. will be reserved to brush on **cauliflower** during plating.
- Adding **butter** to make **Buffalo sauce** not only makes it silky and rich, but also tempers its spiciness. Feel free to use less if you walk on the mild side.
- **Bleu cheese** can be an intense flavor. Use to taste when topping **chicken breast**.

FROM THE CHEF

Placing celery ribbons in ice cold water helps to make them crunchy, as well as curl.

Use a heat resistant spatula for stirring walnuts while they cook, as honey mixture will stick more to metal and wooden utensils.

Did you know...

Make quick work of cutting cauliflower head into florets by quartering head through its stem, then cutting cores out of each quarter. Florets will easily break apart.



Prepare the Ingredients

Remove leaves from **cauliflower head**, core, and cut into 1" pieces. Using a peeler, shave **celery** into long, thin ribbons across its length. Place ribbons in a medium bowl of **ice water**. Halve and juice **lemon**. Make **Buffalo sauce** by melting **butter** in a small pan over medium heat and whisking in **hot sauce** with 1 tsp. **lemon juice**. *Alternatively, melt butter in a small bowl in microwave.* Rinse **chicken breasts**, pat dry, and season with ½ tsp. **salt** and a pinch of **pepper**.



Make the Candied Walnuts

In pan used to sear chicken, combine **honey**, 1 Tbsp. **water**, and **walnuts**. Stir to combine and place over medium heat. Bring to a simmer and cook 3-4 minutes, or until water has mostly evaporated and walnuts are sticky and coated with honey.



Roast the Cauliflower

Spread **cauliflower florets** on prepared baking sheet, leaving enough room to add chicken later. Drizzle with 1 tsp. **olive oil** and season with ¼ tsp. **salt**. Toss to coat evenly. Roast 18 minutes and remove from oven. Cauliflower should be almost fully tender, slightly caramelized, and will finish cooking with chicken breasts.



Make the Vinaigrette

Drain **celery** in colander and pat dry. Wipe bowl clean and whisk together 1 Tbsp. **lemon juice**, 2 Tbsp. **olive oil**, and a pinch of **salt and pepper**. Toss with **celery** and **arugula**.



Cook the Chicken

While cauliflower roasts, heat 1 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Add **chicken breasts** to hot pan and sear 4-5 minutes per side, or until well-browned. After **cauliflower** roasts 18 minutes, remove from oven and add chicken breasts. Top chicken with **bleu cheese crumbles** (to taste) and brush cauliflower with **Buffalo sauce** (reserve 1 Tbsp. for plating). Return baking sheet to oven and roast 6-8 minutes, or until chicken reaches a minimum internal temperature of 165 degrees. Wipe pan clean.



Plate the Dish

Place a serving of **arugula salad** on a plate and top with **candied walnuts**. Place **chicken** and **cauliflower florets** next to **salad**. Brush cauliflower with reserved **Buffalo sauce** (to taste) and serve.