



In your box

¼ oz. Parsley
5 fl. oz. Canned Evaporated Whole Milk
2 Russet Potatoes
8 oz. Carrot
2 Garlic Cloves
½ cup Panko Bread crumbs
2 oz. Goat Cheese
13 oz. Boneless Skinless Chicken Breasts
.3 oz. Butter



Goat Cheese-Crusted Chicken

with carrot mash and crispy potatoes

NUTRITION per serving—Calories: 868, Carbohydrates: 68g, Fat: 42g, Protein: 54g, Sodium: 1712mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
40-50 min.

Cook Within
5 days

Difficulty Level ● ● ●
Expert

Spice Level 🌶 🌶 🌶
Not Spicy

📌 You will need

Olive Oil, Salt, Pepper, Cooking Spray

Medium Pot, Baking Sheet, Large Oven-Safe Non-Stick Pan, Mixing Bowl, Colander

👩🍳 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**
- ☐ Bring a medium pot of **lightly salted water** to a boil
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray
- ☐ Ingredient(s) used more than once: **parsley, evaporated milk**



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Cook the Chicken

- Place **chicken breasts** on prepared baking sheet. Top each chicken breast evenly with **goat cheese-panko mixture**, pressing gently to adhere.
- Roast until well-browned and chicken reaches a minimum internal temperature of 165 degrees, 17-20 minutes.
- Remove from oven and rest 5 minutes.
- While chicken roasts, make carrot mash.



1

Prepare the Ingredients

- Stem and mince **parsley**. Cut **potato** into $\frac{3}{4}$ " cubes. Peel, trim, and cut **carrot** into $\frac{1}{2}$ " pieces. Mince **garlic**. Pat **chicken breasts** dry, and season both sides with $\frac{1}{4}$ tsp. **salt** and $\frac{1}{4}$ tsp. **pepper**.
- Place a large oven-safe non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **panko** to hot pan and toast until light golden brown, 30-60 seconds.
- Remove from burner. Let panko cool 5 minutes. Wipe pan clean and reserve.
- Combine cooled panko, **goat cheese**, parsley (reserve a pinch for sauce), $\frac{1}{4}$ tsp. salt, and $\frac{1}{4}$ tsp. pepper in a mixing bowl. Set aside.



4

Make the Carrot Mash

- Add **carrot pieces** to boiling water and cook until very tender, 15-18 minutes.
- Drain carrot in a colander. Return to pot and add 1 Tbsp. **evaporated milk** (reserve remaining for sauce) and 1 tsp. **olive oil**. Mash until carrot forms a coarse puree. Season with a pinch of **salt** and **pepper**.
- Set aside and keep warm.



2

Cook the Potatoes

- Return pan used to toast panko to medium-high heat and add 2 Tbsp. **olive oil**. Add **potatoes** to hot pan and stir, 1 minute. Cover, reduce heat to medium, and cook 5 minutes, stirring halfway through.
- Uncover, place pan in hot oven, and roast until golden brown and tender, 20-22 minutes, stirring halfway through.
- Transfer cooked potatoes to a plate and season with a pinch of **salt** and **pepper**.
- Wipe pan clean and reserve.
- While potatoes roast, start chicken.



5

Make the Sauce

- Return pan used to cook potatoes to medium heat and add 1 tsp. **olive oil**. Add **garlic** to hot pan and cook until fragrant, 30 seconds.
- Add remaining **evaporated milk** and bring to simmer. Stir often until slightly thickened, 3-4 minutes.
- Remove from burner and swirl in **butter** and remaining **parsley**.
- Plate dish as pictured on front of card, placing sauce on a plate and topping sauce with **chicken**. Bon appétit!