



One-Sheet Cheesy Spinach-Stuffed Chicken

WITH ROASTED BROCCOLI

Meal Kit



Prep & Cook Time

30-40 MIN

Cook Within

5 DAYS

You Will Need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, 2 Mixing Bowls

Difficulty Level

INTERMEDIATE

Spice Level

NOT SPICY

Ingredients

- 1 tsp. Ranch Seasoning
- ½ oz. Shredded Parmesan Cheese
- 2 oz. Cream Cheese
- .8 oz. Lemon Garlic Butter
- ½ tsp. Garlic Pepper
- 12 oz. Broccoli Florets
- 1 oz. Shredded Cheddar Cheese
- 2 oz. Baby Spinach
- ½ oz. Crispy Onions
- **Customize It Options**
- 12 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic Free Boneless Skinless Chicken Breast

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef	Ground Pork	Impossible Burger	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/36584

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, sesame, wheat, egg, soy, milk, fish, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes
- Set **cream cheese** on counter to soften
- Prepare a baking sheet with foil and cooking spray



1. Prepare the Chicken

- Pat **chicken** dry and place on a clean cutting board. Hold knife blade parallel to board and carefully make a lengthwise cut through the center of meat, using your free hand to steady. Stop short of opposite edge so breast remains in one piece. Open as you would a book.



2. Stuff the Chicken

- Coarsely chop **spinach**.
- In a mixing bowl, combine softened **cream cheese**, **ranch seasoning** (to taste), **cheddar**, spinach, and a pinch of **pepper**.
- Divide stuffing mixture between **chicken breasts**, placing in center. Fold chicken over stuffing. Season both sides with **garlic pepper**. If chicken is misshapen, gently press to flatten.



3. Start Chicken and Prepare Broccoli

- Place stuffed **chicken** on one side of prepared baking sheet.
- Roast in hot oven, 10 minutes.
- *Chicken will finish cooking in a later step.*
- While chicken roasts, cut **broccoli** into bite-sized pieces.
- In another mixing bowl, toss broccoli, 2 tsp. **olive oil**, and a pinch of **salt** and **pepper** until coated.



4. Finish the Chicken and Broccoli

- After 10 minutes, carefully remove from oven.
- Place **broccoli** on empty half of baking sheet. Spread into a single layer on their side.
- Roast in hot oven until broccoli is browned and fork-tender and **chicken** reaches a minimum internal temperature of 165 degrees, 14-16 minutes.
- Carefully remove from oven. Add **butter** to broccoli and gently stir until melted and combined. *Sheet will be hot! Use a utensil.*



5. Finish the Dish

- Plate dish as pictured on front of card, topping **broccoli** with **Parmesan** and **crispy onions**. Bon appétit!