



In your box

- 4 fl. oz. Light Cream
- 3 Zucchini
- 1 oz. Julienned Sun-Dried Tomatoes
- ½ oz. Crispy Fried Onions
- 1 oz. Grated Parmesan
- ½ oz. Dijon Mustard

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Boneless Pork Chops
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts



Customer Favorite

Chicken Dijonnaise

with zucchini and sun-dried tomato gratin

NUTRITION per serving—Calories: 555, Carbohydrates: 16g, Fat: 33g, Protein: 46g, Sodium: 1731mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
**Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.*

Prep & Cook Time
30-40 min.

Cook Within
5 days

Difficulty Level ● ● ●
Intermediate

Spice Level ● ● ● ●
Not Spicy

① You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, 2 Small Oven-Safe Casserole Dishes,
Large Non-Stick Pan

👑 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**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil
- Prepare two small casserole dishes with cooking spray
- Ingredient(s) used more than once: **cream**



1

Prepare the Ingredients

- Trim **zucchini** ends and slice on an angle into ½" rounds.
- Cut **sun-dried tomatoes** into ¼" pieces.
- Coarsely crush **crispy fried onions**.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and ¼ tsp. **pepper**.
- *If using **pork chops**, pat dry and season same amount.*



2

Cook the Zucchini

- Place a large non-stick pan over high heat and add 2 tsp. **olive oil**.
- Add **zucchini** to hot pan and stir often until browned but still crisp, 2-3 minutes.
- Remove from burner and stir in **sun-dried tomatoes**, ¼ tsp. **salt**, and a pinch of **pepper**.



3

Make the Gratin

- Place casserole dishes on prepared baking sheet to catch any drips. Transfer **zucchini mixture** to casserole dishes.
- Wipe pan clean and reserve.
- Pour 1 Tbsp. **cream** (reserve remaining for sauce) over each dish and top with **Parmesan**. Bake in hot oven until golden brown, 8-12 minutes.
- Rest baked gratin 5 minutes, then top with **crispy onions**.
- While gratin bakes, cook chicken.



4

Cook the Chicken

- Return pan used to cook zucchini to medium-high heat and add 2 tsp. **olive oil**.
- Add **chicken** to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Transfer chicken to a plate and rest 3 minutes.
- *If using **pork chops**, follow same instructions and cook until chops reaches a minimum internal temperature of 145 degrees, 5-7 minutes per side.*
- Reserve pan; no need to wipe clean.



5

Make Sauce and Finish Dish

- Return pan used to cook chicken to medium-high heat.
- Add 2 Tbsp. **water**, reserved **cream**, and **any accumulated juices from resting chicken**. Bring to a boil.
- Once boiling, remove from burner. Stir in **Dijon** and a pinch of **salt**. *Sauce will thicken as it cools.*
- Plate dish as pictured on front of card, garnishing **chicken** with sauce. Serve **gratin** on a plate or in casserole dish. Bon appétit!