



In your box

- 1 oz. Grated Parmesan
- 2 Garlic Cloves
- .125 oz. Oregano
- 4 fl. oz. Light Cream
- 12 oz. Green Beans
- ½ oz. Smoked Almonds
- 2 Boneless Skinless Chicken Breasts
- 4 oz. Grape Tomatoes
- 1 Tbsp. Tomato Paste
- .3 oz. Butter



Chicken in Oregano-Tomato Cream

with blistered tomatoes and green beans

NUTRITION per serving—Calories: 551, Carbohydrates: 23g, Fat: 30g, Protein: 49g, Sodium: 1690mg.
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 
Easy

Spice Level 
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Medium 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 and cooking spray
- Ingredient(s) used more than once: **Parmesan, garlic, oregano**
- Only half the **cream** is used in this recipe



1

Prepare the Ingredients

- Trim ends off **green beans**.
- Finely mince **garlic**.
- Stem and mince **oregano**.
- Coarsely chop **almonds**.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Cook the Chicken

- Place a medium non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **chicken** to hot pan. Cook until browned, 2-4 minutes per side.
- Transfer chicken to prepared baking sheet and top with half the **Parmesan** (reserve remaining for sauce).
- Bake in hot oven until cheese is golden brown and chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- Reserve pan; no need to wipe clean.
- While chicken bakes, cook green beans.



3

Cook the Green Beans

- Return pan used to sear chicken to medium-high heat. Add **green beans** to hot pan and stir occasionally until beans begin to char, 2-4 minutes.
- Add ¼ cup **water** and ¼ tsp. **salt**. Stir occasionally until water evaporates and beans are crisp-tender and bright green, 2-4 minutes.
- Remove beans to a plate and tent with foil.
- Reserve pan; no need to wipe clean.



4

Blister the Tomatoes

- Return pan used to cook green beans to medium-high heat. Add 1 tsp. **olive oil** and **tomatoes** to hot pan and cook 30 seconds.
- Add half the **garlic** (reserve remaining for sauce) and cook until garlic turns golden brown and tomatoes blister, 30-90 seconds.
- Season with half the **oregano** (reserve remaining for sauce) and a pinch of **salt** and **pepper**. Remove to plate with **green beans**.
- Reserve pan; no need to wipe clean.



5

Make the Sauce

- Return pan used to blister tomatoes to medium heat. Add 1 tsp. **olive oil** and remaining **garlic** to hot pan. Stir occasionally until aromatic and light brown, 30 seconds.
- Add half the **cream**, ¼ cup **water**, **tomato paste**, remaining **Parmesan**, and remaining **oregano**. Stir occasionally until bubbling and slightly thickened, 1-3 minutes.
- Remove from burner and swirl in **butter**. Season with a pinch of **salt** and **pepper**.
- Plate dish as pictured on front of card, spooning **sauce** over **chicken** and garnishing **green beans** with **almonds**. Bon appétit!