



Creamy Stuffed Chicken with Parmesan Mashed Potatoes

AND GREEN BEANS

Meal Kit



Prep & Cook Time

45-55 MIN

Cook Within

5 DAYS

You Will Need

Olive Oil, Salt, Pepper, Cooking Spray

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

Ingredients

- 2 oz. Cream Cheese
- 8 oz. Red Potatoes
- 4 oz. Marinara Sauce
- ½ oz. Grated Parmesan Cheese
- ¼ cup Italian Panko Blend
- 1 oz. Red Pepper Pesto
- 2 Tbsp. Cornstarch
- 2 oz. Light Sour Cream
- 8 oz. Green Beans
- **Customize It Options**
- 12 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic Free Boneless Skinless Chicken Breast

Difficulty Level

EXPERT

Spice Level

NOT SPICY

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/39070

*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
- Ingredient(s) used more than once: **pesto**
- Only half the **cornstarch** is used in this recipe



1. Cook the Mashed Potatoes

- Cut **potatoes** into evenly-sized chunks. Bring a medium pot with potatoes covered by **water** to a boil.
- Once boiling, cook until fork-tender, 15-18 minutes.
- Reserve $\frac{1}{4}$ cup **potato cooking water**. Drain potatoes in a colander and return to pot. Add **sour cream**, 2 Tbsp. reserved potato cooking water, $\frac{1}{4}$ tsp. **salt**, and a pinch of **pepper** to hot pot. Mash until combined and smooth. *If too thick, add additional reserved potato cooking water, 1 Tbsp. at a time, until desired consistency is reached.* Stir in **Parmesan**.
- Remove from burner. Cover and set aside.
- While potatoes cook, continue recipe.



2. Stuff the Chicken

- Pat **chicken** dry. Place chicken on a separate cutting board. Hold knife blade parallel to the board and carefully make a lengthwise cut through the center of chicken, using your free hand to steady chicken. Stop short of opposite edge so chicken remains in one piece. Open chicken as you would a book.
- Season both sides with a pinch of **salt** and **pepper**.
- In a mixing bowl, mash softened **cream cheese** and half the **pesto** (reserve remaining for sauce) until combined and smooth.
- Divide cream cheese-pesto mixture evenly between chicken breasts, placing in center. Fold chicken in half over filling. Wipe bowl clean and reserve.



3. Bread the Chicken

- In bowl used for cream cheese-pesto mixture, combine half the **cornstarch** (remaining is yours to use as you please!) and 3 Tbsp. **water**. Evenly spread **panko** on a plate.
- Place a medium non-stick pan over medium-high heat and add 2 Tbsp. **olive oil**. Let oil heat, 5 minutes.
- Evenly spread cornstarch-water mixture on one side of **chicken**. Place chicken onto panko, cornstarch mixture-side down, pressing gently to adhere.
- After 5 minutes, test oil temperature by adding a pinch of panko to it. It should sizzle gently. *If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.*



4. Cook the Chicken and Green Beans

- Lay **chicken** away from you, panko-side down first, in hot oil and cook until beginning to brown, 2-4 minutes per side.
- Remove from burner. Transfer chicken, panko-side up, to one side of prepared baking sheet. Wipe pan clean and reserve.
- While chicken sears, trim **green beans**, if necessary.
- Place green beans on empty side of baking sheet and toss with 1 tsp. **olive oil** and a pinch of **salt** and **pepper**. Spread into a single layer on their side.
- Roast in hot oven until green beans are bright green and chicken reaches a minimum internal temperature of 165 degrees, 12-15 minutes.
- While chicken and green beans roast, continue recipe.



5. Make Sauce and Finish Dish

- Return pan used to cook chicken to medium-low heat. Add **marinara**, remaining **pesto**, and 2 Tbsp. **water** to hot pan. Bring to a simmer.
- Once simmering, stir occasionally until combined and heated through, 2-3 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **chicken** with sauce. Bon appétit!