



Everything Bagel-Crusted Chicken

WITH LEMON-PARMESAN BROCCOLI

Express



Prep & Cook Time

20-30 MIN

Cook Within

4 DAYS

You Will Need

Olive Oil, Salt, Pepper
Microwave-Safe Bowl,
Medium Non-Stick Pan,
Mixing Bowl, Medium Oven-
Safe Non-Stick Pan

Ingredients

- 2 tsp. Everything Bagel Blend
- 2 Green Onions
- ¼ cup Panko Breadcrumbs
- 12 oz. Broccoli Florets
- ¼ oz. Flour
- ½ oz. Grated Parmesan Cheese
- 2 oz. Cream Cheese
- .42 oz. Mayonnaise
- 1 Lemon
- **Customize It Options**
- 12 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic Free Boneless Skinless Chicken Breast
- 12 oz. Sirloin Steaks
- 12 oz. Salmon Fillets

Difficulty Level

INTERMEDIATE

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/39093

*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
- Ingredient(s) used more than once: **panko, lemon**

Customize It Instructions

- If using **salmon**, pat dry. Add salmon, skin-side up first, and cook until salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **sirloin steaks**, pat dry. Cook until steak reaches desired doneness, or 4-6 minutes per side for medium/medium-well. Rest, 3 minutes. Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner.



1. Prepare Ingredients and Make Topping

- Zest and halve **lemon**. Cut one half into wedges and juice the other half.
- Break **broccoli** into bite-sized pieces using hands.
- Trim and thinly slice **green onions**.
- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add 1 Tbsp. **panko** (reserve remaining for chicken) to hot pan. Toast until lightly browned, 1-2 minutes.
- Remove from burner. Transfer to a mixing bowl and let cool, 1-2 minutes.
- Wipe pan clean and reserve. Add **Parmesan** and ½ tsp. **lemon zest** to toasted panko and stir to combine. Set aside.



2. Cook the Chicken

- Pat **chicken** dry and season both sides with a pinch of **salt** and **pepper**. Spread **mayonnaise** evenly on one side of chicken. Combine remaining **panko**, ¼ tsp. salt, and **Everything Bagel blend** on a plate, spreading into an even layer. Place chicken, mayonnaise-side down, onto panko mixture, pressing firmly to adhere. Place a medium oven-safe non-stick pan over medium heat and add 1 Tbsp. **olive oil**. Add chicken, panko-side down first, to hot pan, and cook until browned, 2-4 minutes.
- Remove from burner. Flip chicken and transfer to oven. Roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 8-10 minutes. Carefully remove from oven. *Pan handle will be hot! Use an oven mitt.*
- While chicken cooks, continue recipe.



3. Cook the Broccoli

- Return pan used to toast panko to medium heat and add 2 tsp. **olive oil**. Add **broccoli** and ¼ cup **water** to hot pan. Cover and cook until water is almost completely evaporated, 4-6 minutes.
- Uncover and stir occasionally until tender, 2-3 minutes.
- Remove from burner. Season with ¼ tsp. **salt** and a pinch of **pepper**.



4. Make Sauce and Finish Dish

- In a microwave-safe bowl, combine softened **cream cheese**, **flour**, **green onions**, a pinch of **pepper**, 2 Tbsp. **water**, and 1 tsp. **lemon juice**.
- Microwave uncovered until smooth and heated through, 45-60 seconds, stirring every 15 seconds.
- Carefully remove from microwave. *If too thick, add additional water, 1 tsp. at a time and up to 1 Tbsp., until desired consistency is reached.*
- Plate dish as pictured on front of card, topping **chicken** with sauce and garnishing **broccoli** with **panko-lemon zest mixture**. Squeeze **lemon wedges** over broccoli to taste. Bon appetit!