



#### In your box

- 1 oz. Light Cream Cheese
- 8 oz. Broccoli Florets
- 5 oz. Radish
- 2 Garlic Cloves
- 2 oz. Artichoke Hearts
- 13 oz. Boneless Skinless Chicken Breasts
- 2 oz. Baby Spinach
- 2 oz. Shredded Mozzarella



## Spinach-Artichoke Chicken

with roasted broccoli and radishes

NUTRITION per serving—Calories: 543, Carbohydrates: 16g, Fat: 30g, Protein: 50g, Sodium: 1742mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
**30-40 min.**

Cook Within  
**5 days**

Difficulty Level ● □ □  
**Easy**

Spice Level □ □ □  
**Not Spicy**

## 🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, Medium Oven-Safe Pan, Mixing Bowl

## 👑 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**
- Set **cream cheese** on counter to soften
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



1

### Prepare the Ingredients

- Cut **broccoli florets** into large bite-sized pieces, if necessary.
- Trim and slice **radishes** into ¼” rounds.
- Mince **garlic**.
- Drain and rinse **artichokes**. Squeeze out liquid and coarsely chop.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and ¼ tsp. **pepper**.



2

### Roast the Vegetables

- Toss **broccoli florets**, **radishes**, and **garlic** with 2 Tbsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper** on prepared baking sheet. Massage oil into broccoli.
- Spread into a single layer and roast in hot oven until broccoli is tender and lightly browned, 17-20 minutes.
- While vegetables roast, make spinach-artichoke mixture.



3

### Make the Spinach-Artichoke Mixture

- Place a medium oven-safe pan over medium heat. Add 1 tsp. **olive oil** and **spinach** to hot pan. Stir occasionally until wilted, 1-2 minutes.
- Remove from burner. Transfer spinach to a mixing bowl. Add **artichokes**, **mozzarella**, **cream cheese**, ¼ tsp. **salt**, and ¼ tsp. **pepper** and stir until incorporated. Set aside.
- Wipe pan clean and reserve.



4

### Sear the Chicken

- Return pan used to wilt spinach to medium-high heat. Add 1 tsp. **olive oil** and **chicken breasts** to hot pan.
- Cook undisturbed until browned, 3-4 minutes.
- Flip, and cook undisturbed, 2 minutes.
- Remove pan from burner. *Chicken will finish cooking in a later step.*
- Carefully, spoon **spinach-artichoke mixture** evenly onto top of chicken breasts.



5

### Roast Chicken and Finish Dish

- Place pan in oven and roast until **spinach-artichoke mixture** is lightly browned and **chicken** reaches a minimum internal temperature of 165 degrees, 8-12 minutes.
- *Be careful when removing pan from oven; handle will be hot!*
- Plate dish as pictured on front of card. Bon appétit!