Chicken with Parmesan Cream
with celery, apple, and smoked almond salad

NUTRITION per serving–Calories: 539, Carbohydrates: 23g, Fat: 29g, Protein: 45g, Sodium: 1520mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

25-35 min. Easy Not Spicy

In your box
6 Chives
1 Fuji Apple
2 Celery Stalks
½ oz. Smoked Almonds
2 Boneless Skinless Chicken Breasts
4 fl. oz. Light Cream
1 oz. Grated Parmesan
1½ fl. oz. Seasoned Rice Vinegar
2 oz. Baby Arugula
Prepare the Ingredients

• Quarter apple and remove core. Cut into thin slices.
• Trim ends off celery and cut into thin slices at an angle.
• Mince chives.
• Coarsely chop almonds.
• Pat chicken breasts dry, and season both sides with ¼ tsp. salt and a pinch of pepper.

Make the Salad

• Combine seasoned rice vinegar, 1 tsp. olive oil, and a pinch of salt and pepper in a mixing bowl.
• Add apple, celery, and arugula to bowl and toss to combine.

Make the Sauce

• Return pan used to sear chicken to medium-high heat. Add cream and a pinch of salt to hot pan and bring to a boil.
• Once boiling, remove from burner. Stir in Parmesan and half the chives (reserve remaining for garnish) until smooth.
• If sauce is too thick, add water 1 Tbsp. at a time until desired consistency is reached.

Cook the Chicken

• Place a medium non-stick pan over medium-high heat. Add 1 tsp. olive oil and chicken breasts to hot pan. Cook until browned, 2-3 minutes per side.
• Transfer chicken to prepared baking sheet. Roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
• Rest cooked chicken at least 3 minutes and tent with foil.
• Wipe pan clean and reserve.
• While chicken roasts, make sauce.

Finish the Dish

• Plate dish as pictured on front of card, garnishing chicken with sauce, sauce with remaining chives, and salad with almonds. Bon appétit!