



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
- ½ fl. oz. Seasoned Rice Vinegar
- 2 oz. Baby Arugula



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

Prep & Cook Time
25-35 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, 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**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **chives**



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**.



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.



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.*



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.



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!