



IN YOUR BOX

- 1 Broccoli Crown
- 2 Garlic Cloves
- 2 fl. oz. Liquid Egg
- ¼ cup Panko Breadcrumbs
- 2 oz. Grated Parmesan Cheese
- 2 Boneless Skinless Chicken Breasts
- 2 Tbsp. Basil Pesto
- 2 fl. oz. Pizza Sauce

CONTAINS: milk, eggs, wheat, soy, tree nuts (pine nuts)

NUTRITION *per serving* 28g carbohydrates 22g fat 59g protein 1578mg sodium | calorie-conscious, carb-conscious



Calories
553



Prep & Cook Time
40-50 min.



Cook Within
5 days



Difficulty
Intermediate



Spice Level
Not Spicy

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Medium Pot
- Baking Sheet
- Colander
- Medium Oven-Safe Pan



Pesto-Crusted Chicken

with Parmesan broccoli tots

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 **425 degrees**
- Bring a medium pot with 4 cups **lightly salted water** to a boil
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- **Heads Up! Garlic** is used twice. Half is added to **broccoli tots** and remaining is added to **sauce**.
- **Heads Up! Panko** is used twice. Most is used in **broccoli tots**, and 2 Tbsp. crusts **chicken**.

FROM THE CHEF

When making broccoli tots, lightly coat spoon with cooking spray to prevent mixture from sticking.

Did you know...

The word “pesto” derives from Genoese word *pesta* (Italian: *pestare*) or Italian for “to crush.” It references the way it’s prepared (traditionally in a mortar and pestle, a nifty tool you may have at home).



Cook the Broccoli

Cut **broccoli** into large bite-sized pieces. Add broccoli and **one garlic clove** (reserve other clove for sauce) to boiling water and cook until broccoli is bright green and very tender, 4-6 minutes. Drain thoroughly in a colander and return to pot. While broccoli boils, mince remaining garlic.



Make the Broccoli Tots

Mash **broccoli** until mostly smooth. Continue mashing, while adding **liquid egg** 1 Tbsp. at a time. *This prevents egg from scrambling on hot broccoli.* Set aside 2 Tbsp. **panko** and reserve. Stir remaining panko and **Parmesan** into broccoli. Season with ¼ tsp. **salt** and a pinch of **pepper**. Using a tablespoon measure, place scoops of broccoli mix onto prepared baking sheet. *Mix should make around 20-25 tots.* Wipe pot clean and reserve.



Roast the Broccoli Tots

Roast until **broccoli tots** firm and browned on bottoms and edges, 23-25 minutes. After tots have roasted 10 minutes, cook chicken.



Sear the Chicken

After tots have roasted 10 minutes, pat **chicken** dry, and season with ¼ tsp. **salt** and a pinch of **pepper**. Heat a medium oven-safe pan over medium-high heat. Add 1 tsp. **olive oil** and chicken to hot pan. Cook undisturbed until browned, 2-3 minutes. Flip chicken, remove pan from burner, and top with **pesto**.



Roast Chicken and Heat Sauce

Top **chicken** with reserved **panko** and place pan in oven. Roast until crust has browned and chicken reaches a minimum internal temperature of 165 degrees, 6-8 minutes. Remove from oven. While chicken roasts, add **sauce**, ¼ cup **water**, and remaining **garlic** to pot used for broccoli and place over medium heat. Cook until sauce is starting to bubble, 1-2 minutes. Remove from burner.



Finish the Dish

Place **chicken** on a plate and set **broccoli tots** next to chicken. Serve **sauce** on the side.