



In your box

12 oz. Brussels Sprouts
1 Shallot
¼ oz. Parsley
2 Boneless Skinless Chicken Breasts
1 oz. Flour
2 fl. oz. Liquid Egg
½ cup Panko Breadcrumbs
2 oz. Ricotta
1 oz. Light Cream Cheese
1 tsp. Powdered Ranch Seasoning

CONTAINS milk, eggs, wheat



Chicken Schnitzel with Buttermilk Ricotta and roasted Brussels sprouts

NUTRITION per serving—Calories: 612, Carbohydrates: 29g, Fat: 33, Protein: 50g, Sodium: 1220mg.
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 ● ● ○
Intermediate

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 **450 degrees**
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray



1

Prepare the Ingredients

- Trim bottoms off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Peel and slice **shallot** into ¼" rounds. Separate rounds into rings.
- Stem and mince **parsley**.
- Pat **chicken breasts** dry, and season with a pinch of **salt** and **pepper**.



2

Roast the Vegetables

- Place **Brussels sprouts** and **shallot rings** on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Massage oil into vegetables, then spread into a single layer.
- Roast until slightly charred and crisp-tender, 18-22 minutes.
- While vegetables roast, bread chicken.



3

Bread the Chicken

- Place **flour**, **liquid egg**, and **panko** onto three separate plates or bowls. Mix **parsley** into bowl with panko.
- Place one **chicken breast** in flour, shaking off excess, then liquid egg, letting excess egg drip off. Finally, coat chicken breast with panko, pressing gently to adhere.
- Repeat with second chicken breast.



4

Sear and Roast Chicken

- Place a medium oven-safe pan over medium heat and add 2 Tbsp. **olive oil**. Carefully, add **chicken** to hot pan and cook until golden brown, 2-4 minutes.
- Flip chicken, place pan in oven, and roast until chicken reaches a minimum internal temperature of 165 degrees, 4-8 minutes.
- Rest chicken at least 5 minutes.



5

Finish the Dish

- In a mixing bowl, add **ricotta**, **cream cheese** and **ranch seasoning** (to taste) and mix vigorously until completely smooth.
- Plate dish as pictured on front of card. Bon appétit!