



In your box

- 4 Garlic Cloves
- 0.125 oz. Oregano
- 8 oz. Broccoli Florets
- 6 oz. Cremini Mushrooms
- 1 Red Onion
- 2 Boneless Skinless Chicken Breasts
- 1 fl. oz. White Balsamic Vinegar
- 1 oz. Feta Cheese



Balsamic-Oregano Chicken

with feta and broccoli

NUTRITION per serving—Calories: 598, Carbohydrates: 25g, Fat: 35g, Protein: 47g, Sodium: 1544mg.
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, Mixing Bowl, Medium Non-Stick Pan

👑 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



1

Prepare the Ingredients

- Mince **garlic**.
- Stem and coarsely chop **oregano**.
- Cut **broccoli** into large bite-sized pieces, if necessary.
- Cut **mushrooms** into ¼” slices.
- Halve and peel **onion**. Cut halves into ¼” slices.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Make the Vinaigrette

- Whisk together **white balsamic vinegar**, **garlic** (to taste), **oregano**, 3 Tbsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper** in a mixing bowl. Set aside for flavors to marry.



3

Roast the Vegetables

- Place **broccoli**, **mushrooms**, and **onion** on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper**.
- Spread into a single layer (some overlap is ok) and roast in hot oven until browned and tender, 15-18 minutes.
- While vegetables roast, cook chicken.



4

Cook the Chicken

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**.
- Add **chicken breasts** to hot pan, reduce heat to medium, and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove chicken to a plate and tent with foil.
- Remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing **vegetables** with **feta** and drizzling **vinaigrette** (to taste) around **chicken** and over vegetables. Bon appétit!