



In your box

- 8 oz. Carrot
- 8 oz. Brussels Sprouts
- 1 Shallot
- 1/3 oz. Capers
- 13 oz. Boneless Skinless Chicken Breasts
- 1 oz. Grated Parmesan
- 4 fl. oz. Light Cream



Creamy Piccata Chicken

with Parmesan-roasted Brussels sprouts and carrots

NUTRITION per serving—Calories: 554, Carbohydrates: 25g, Fat: 30g, Protein: 48g, Sodium: 1654mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
45-55 min.

Cook Within
5 days

Difficulty Level ● ● ● ●
Intermediate

Spice Level ● ● ● ●
Not Spicy

① You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, 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

- Peel, trim, and cut **carrot** into ¼" slices on an angle.
- Trim bottoms off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Peel and mince **shallot**.
- Rinse **capers** and pat dry.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.



2

Roast the Vegetables

- Place **carrot slices** and **Brussels sprouts** on prepared baking sheet. Toss with **Parmesan**, 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer (some overlap is ok). Roast in hot oven until tender and well browned, 25-30 minutes.
- While vegetables roast, cook chicken.



3

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 chicken is browned and reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove chicken to a plate, rest at least 3 minutes, and tent with foil.
- Reserve pan; no need to wipe clean.



4

Make the Sauce

- Return pan used to cook chicken to medium heat.
- Add 1 tsp. **olive oil** and 1 Tbsp. **shallot** to hot pan. Stir constantly until translucent, 1-3 minutes.
- Add **cream**, **capers**, and **accumulated juices from resting chicken**. Stir occasionally until sauce thickens and a line can be drawn that holds for 10 seconds, 3-5 minutes.
- Remove from burner. Season with ¼ tsp. **salt** and a pinch of **pepper**.



5

Finish the Dish

- Plate dish as pictured on front of card, placing **chicken** on top of **sauce**. Bon appétit!