



In your box

- 4 fl. oz. Light Cream
- 12 oz. Cauliflower Florets
- 1 Jalapeño Pepper
- 12 oz. Boneless Skinless Chicken Breasts
- ¼ cup Panko Breadcrumbs
- 4 fl. oz. Red Enchilada Sauce
- 2 oz. Shredded Cheddar Cheese

CONTAINS milk, wheat, soy



Chicken Ranchero

with cheesy cauliflower

NUTRITION per serving—Calories: 579, Carbohydrates: 20g, Fat: 36g, Protein: 45g, Sodium: 1682mg.
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 ● ○ ○ ○
Mild

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, Small Non-Stick Pan, 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 **450 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Only half the **cream** is used in this recipe



1

Roast the Cauliflower

- Place **cauliflower** on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil into cauliflower.
- Spread into a single layer, and roast until tender and caramelized, 22-25 minutes.
- While cauliflower roasts, prepare ingredients.



2

Prepare the Ingredients

- Stem **jalapeño**, halve, seed, remove ribs, and mince. *Retain seeds for more spice. Be sure to wash hands, utensils, and cutting board after working with jalapeño.*
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



3

Toast the Panko

- Heat 1 tsp. **olive oil** in a small non-stick pan over medium-high heat. Add **panko** and stir constantly until golden brown, 1-2 minutes.
- Remove panko to a plate.
- Reserve pan; no need to wipe clean.



4

Cook the Chicken

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **chicken breasts** to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove chicken to a plate.
- Raise heat to medium-high and add **enchilada sauce** and ¼ cup **water**. Stir to combine, then cook until heated, 1-2 minutes.
- Remove from burner.



5

Make the Queso Sauce

- Return pan used to toast panko to medium-high heat. Add half the **cream** and bring to a boil.
- Remove from burner. Stir in **cheese** until fully incorporated. *If sauce is too thick, stir in warm water 2 Tbsp. at a time until desired consistency is reached.* Season with ¼ tsp. **salt**.
- Plate dish as pictured on front of card, garnishing **chicken** with **jalapeño** (to taste) and **cauliflower** with queso sauce and **panko**. Bon appétit!