



In your box

12 oz. Broccoli Florets
1 Shallot
2 Garlic Cloves
4 oz. Grape Tomatoes
1 Lemon
¼ oz. Parsley
½ oz. Grated Parmesan

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
12 oz. Salmon Fillets



Chicken Paillard

with broccoli and lemony garlic-tomato sauce

NUTRITION per serving—Calories: 542, Carbohydrates: 22g, Fat: 32g, Protein: 47g, Sodium: 1544mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
**Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.*

Prep & Cook Time
35-45 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

- Cut **broccoli** into bite-sized pieces.
- Peel and halve **shallot**. Cut into ½" slices.
- Thinly slice **garlic**.
- Halve **tomatoes**.
- Zest **lemon**, halve, and juice.
- Mince **parsley** (no need to stem).



2

Roast the Broccoli

- Place **broccoli** and **shallot** on prepared baking sheet and toss with 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper**. Massage oil into broccoli.
- Spread into a single layer. Roast in hot oven until tender and browned, 14-16 minutes.
- While broccoli roasts, prepare chicken.



3

Prepare the Chicken

- Pat **chicken breasts** dry.
- On a clean work surface, cover chicken with plastic wrap. You may also use a gallon freezer bag. Using a heavy object, gently pound to a uniform thickness of ¼".
- Season chicken on both sides with ¼ tsp. **salt** and ¼ tsp. **pepper**.
- If using **salmon**, pat dry and season flesh side same amount. Do not pound salmon.



4

Cook the Chicken

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **chicken** to hot pan and cook undisturbed until browned, 2-3 minutes.
- Lower heat to medium. Flip chicken, and immediately transfer to a plate. Add 2 Tbsp. olive oil and **garlic** to pan and stir constantly until fragrant, 30 seconds.
- Add **tomatoes**, 1 Tbsp. **lemon juice**, ¼ tsp. **salt**, chicken, browned-side up, and **any accumulated juices from resting chicken**. Cook until chicken reaches a minimum internal temperature of 165 degrees, 3-5 minutes.
- Remove from burner. Sprinkle on **parsley**, **lemon zest** (to taste), and **Parmesan**.



5

Finish the Dish

- If using **salmon**, place a medium non-stick pan over medium-high heat, adding 2 tsp. olive oil and searing salmon on flesh side, 4-6 minutes. Remove, then return to pan skin side down (with tomatoes and seasoning; do not add any accumulated liquid from salmon) and cook until salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes.
- Plate dish as pictured on front of card, placing **tomato sauce** on **chicken**. Bon appétit!