



In your box

- .125 oz. Oregano
- 2 Garlic Cloves
- ¼ cup Panko Breadcrumbs
- ½ oz. Grated Parmesan Cheese
- 12 oz. Boneless Skinless Chicken Breasts
- 8 fl. oz. Marinara Sauce
- 6 Small Flour Tortillas
- 2 oz. Shredded Mozzarella

CONTAINS milk, wheat, soy



Chicken Parmesan Enchiladas

with marinara and mozzarella

NUTRITION per serving—Calories: 673, Carbohydrates: 49g, Fat: 33g, Protein: 53g, Sodium: 1258mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
5 days

Difficulty Level ● ○ ○ ○
Easy

Spice Level ○ ○ ○ ○
Not Spicy

📌 You will need

Olive Oil, Pepper, Cooking Spray

8" square casserole dish, 2 Mixing Bowls, 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 casserole dish with cooking spray
- Ingredient(s) used more than once: **oregano, sauce**



1

Prepare the Ingredients

- Mince **garlic**.
- Stem and coarsely chop **oregano**.
- Combine **panko** and **Parmesan** in a mixing bowl.
- Pat **chicken breasts** dry, and season both sides with a pinch of **pepper**.



2

Cook the Chicken

- Place a medium non-stick pan over medium heat. Add 1 tsp. **olive oil** and **chicken** to hot pan. Cook undisturbed until browned and chicken reaches a minimum internal temperature of 165 degrees, 3-5 minutes per side.
- Transfer chicken to another mixing bowl, cover with plastic wrap, and rest at least 3 minutes. After resting, shred chicken.
- Reserve pan; no need to wipe clean.
- While chicken rests, make sauce.



3

Make the Sauce

- Return pan used to cook chicken to medium heat. Add 1 tsp. **olive oil, garlic,** and **oregano** (reserve a pinch for garnish) to hot pan. Cook until fragrant, 30 seconds.
- Stir in **marinara**. Remove from burner.



4

Form the Enchiladas

- Stir 1 Tbsp. **sauce** (reserve remaining for enchilada assembly) into shredded **chicken**.
- Pour ¼ cup sauce into prepared casserole dish, coating bottom. *For best results use an 8" square casserole dish.*
- Place **tortillas** on a clean work surface. Evenly distribute chicken between tortillas. *Don't overfill tortillas. Place any leftover chicken around enchiladas in casserole dish or served on the side.*
- Roll filled tortillas up tightly. *Tortilla ends should overlap slightly.* Place in casserole dish, seam-side down.



5

Cook the Enchiladas

- Pour remaining **sauce** over **enchiladas** and top with **mozzarella** and **breadcrumb-Parmesan mixture**.
- Spray a piece of foil with **cooking spray** and place over casserole dish, sprayed-side down.
- Tightly seal foil and bake 15 minutes.
- Remove foil and bake until cheese is bubbly, 7-9 minutes.
- Plate dish as pictured on front of card, garnishing with remaining **oregano**. Bon appétit!