



In your box

- 8 oz. Carrot
- 12 oz. Asparagus
- 2 Garlic Cloves
- 1 Roma Tomato
- ¼ oz. Parsley
- 13 oz. Boneless Skinless Chicken Breasts
- 2 oz. White Cooking Wine
- .6 oz. Butter



White Wine Chicken Scaloppine

with roasted asparagus and carrots

NUTRITION per serving—Calories: 511, Carbohydrates: 19g, Fat: 25g, Protein: 42g, Sodium: 1358mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
Nutritional information may vary if you selected antibiotic-free chicken breasts as your protein

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, Large 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. (If carrot is 1" diameter or larger, halve before slicing.)
- Trim woody ends off **asparagus**.
- Mince **garlic**.
- Core **tomato** and cut into ¼" dice.
- Stem and mince **parsley**.



2

Roast the Vegetables

- Place **carrot** and **asparagus** on separate halves of prepared baking sheet. Season each with 1 tsp. **olive oil** and a pinch of **salt**.
- Spread each into a single layer on their side. Roast until fork-tender, 15-17 minutes.
- While vegetables roast, prepare chicken.



3

Pound the Chicken

- Pat **chicken breasts** dry, and drizzle with 1 tsp. **olive oil**. Place chicken breasts in a disposable gallon-size bag. *Gallon bags make clean up easier and are made of thicker plastic. If you don't have a disposable bag, use plastic wrap.*
- Using a heavy object, pound chicken to an even ¼" thickness. Season both sides with a pinch of **salt** and **pepper**.



4

Cook the Chicken

- Place a large 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 cook until chicken reaches a minimum internal temperature of 165 degrees, 3-5 minutes.
- Remove chicken to a plate and tent with foil. Reserve pan; no need to wipe clean.



5

Make the Sauce

- Return pan used to cook chicken to medium-high heat. Add 1 tsp. **olive oil** and **garlic**. Stir constantly until golden and aromatic, 30-45 seconds.
- Add **white wine** and cook until mostly evaporated, 1-2 minutes.
- Remove from burner. Stir in **tomato**, **parsley**, **butter**, and ¼ tsp. **salt**.
- Plate dish as pictured on front of card, garnishing **chicken** with sauce. Bon appétit!