



In your box

- ¼ oz. Parsley
- 12 oz. Cauliflower Florets
- 13 oz. Boneless Skinless Chicken Breasts
- 2 oz. Sour Cream
- 1 oz. Grated Parmesan
- ¼ cup Panko Breadcrumbs
- 3 fl. oz. Marinara Sauce



Breaded Italian Chicken

with cauliflower mash

NUTRITION per serving—Calories: 480, Carbohydrates: 22g, Fat: 20g, Protein: 48g, Sodium: 1568mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 min.

Cook Within
5 days

Difficulty Level ● □ □
Easy

Spice Level □ □ □
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper

Medium Pot, Medium Oven-Safe Pan, Mixing Bowl

👑 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
- Ingredient(s) used more than once: **Parmesan, parsley**



1

Prepare the Ingredients

- Coarsely chop **cauliflower florets**.
- Stem and mince **parsley**.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.



2

Cook the Cauliflower

- Bring a medium pot with **cauliflower**, 1½ cups **water**, and ¼ tsp. **salt** to a boil over high heat.
- Reduce heat to medium-high and stir occasionally until water evaporates completely, 15-17 minutes. *Make sure no water is left in pot; remaining water will make grits runny.*
- Remove from burner. Add **sour cream** and half the **Parmesan** (reserve remaining for topping) and mash until mostly smooth. Taste, and season with a pinch of salt if desired. Set aside.
- While cauliflower cooks, toast panko.



3

Toast the Panko

- Place a medium oven-safe pan over medium-high heat. Add 1 tsp. **olive oil** and **panko** to hot pan. Stir constantly until toasted, 1-2 minutes.
- Transfer panko to a mixing bowl and combine with half the **parsley** (reserve remaining for garnish) and remaining **Parmesan**. Set aside.
- Wipe pan clean and reserve.



4

Roast the Chicken

- Return pan used to toast panko to medium heat.
- Add 2 tsp. **olive oil** and **chicken breasts** to hot pan. Cook undisturbed until browned on one side, 4-5 minutes.
- Flip chicken, and top with **marinara**. Place pan in hot oven and roast until chicken reaches a minimum internal temperature of 165 degrees, 8-10 minutes.
- Remove from oven. *Place a dry towel on handle of pan to indicate it's hot.*



5

Finish the Dish

- Carefully, top **chicken breasts** with **toasted panko**.
- Return pan to oven and toast until slightly browned, 1-2 minutes.
- Plate as pictured on front of card, garnishing with remaining **parsley**. Bon appétit!