



#### In your box

- 1 oz. Grated Parmesan
- 12 oz. Broccoli Florets
- ¼ cup Panko Breadcrumbs
- 2 Boneless Skinless Chicken Breasts
- 4 fl. oz. Light Cream
- .3 oz. Butter
- ¼ oz. Brined Green Peppercorns

CONTAINS milk, wheat

Staff Pick

## Chicken with Green Peppercorn Sauce and panko-crusted broccoli

NUTRITION per serving—Calories: 584, Carbohydrates: 22g, Fat: 33g, Protein: 49g, Sodium: 1417mg.  
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 □ □ □  
**Not Spicy**



## 🕒 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
- Ingredient(s) used more than once: **Parmesan**



1

### Roast the Broccoli

- Toss **broccoli florets** with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** on prepared baking sheet. Massage oil into broccoli.
- Spread into a single layer and roast in hot oven until lightly browned, 18-20 minutes.
- While broccoli roasts, toast panko.



2

### Toast the Panko

- Place a medium non-stick pan over medium-high heat.
- Add 1 tsp. **olive oil** and **panko** hot pan. Stir constantly until toasted, 30-90 seconds.
- Transfer panko to a plate.
- Wipe pan clean and reserve.



3

### Cook the Chicken

- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.
- Return pan used to toast panko to medium heat. Add 1 tsp. **olive oil** and **chicken** to hot pan.
- Cook until chicken is golden brown and reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove chicken to a plate.
- Wipe pan clean and reserve.



4

### Make the Sauce

- Return pan used to cook chicken to medium-high heat.
- Add **cream** to pan and bring to a rolling boil. *Rolling means more than a few bubbles; a rolling boil means water is boiling vigorously, 20-30 seconds.*
- Remove from burner.
- Stir in **butter**, half the **Parmesan** (reserve remaining for broccoli), and **green peppercorns**. Season with a pinch of **salt**.



5

### Finish the Dish

- Sprinkle **toasted panko** over **broccoli**.
- Plate dish as pictured on front of card, serving **sauce** on top of **chicken** and garnishing broccoli with remaining **Parmesan**. Bon appetit!