



In your box

- 1 Shallot
- 10 oz. Kale
- 4 oz. Grape Tomatoes
- 1 Lemon
- 2 Boneless Skinless Chicken Breasts
- ½ oz. Dijon Mustard
- 1 ½ Tbsp. Home Chef “Everything Bagel” Seasoning
- 4 fl. oz. Light Cream
- .6 oz. Butter



Everything Bagel Chicken

with creamed kale

NUTRITION per serving—Calories: 596, Carbohydrates: 30g, Fat: 35g, Protein: 46g, Sodium: 1408mg.
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, Cooking Spray

Baking Sheet, Medium Non-Stick Pan, 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



Prepare the Ingredients

- Peel and mince **shallot**.
- Stem **kale** and coarsely chop.
- Halve **tomatoes**.
- Halve **lemon** lengthwise and cut into wedges.
- Pat **chicken breasts** dry.



Start the Chicken

- Place a medium non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **chicken breasts** to hot pan and sear undisturbed until browned, 3-4 minutes.
- Transfer to prepared baking sheet, seared side up.
- Reserve pan; no need to wipe clean.



Finish the Chicken

- Brush tops of **chicken** with **Dijon** and sprinkle with **everything bagel seasoning**.
- Roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 9-11 minutes.
- While chicken roasts, make creamed kale.



Make the Creamed Kale

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **shallot** to hot pan. Stir often until shallot begins to soften, 2 minutes.
- Add **cream** and ¼ cup **water** and bring to a boil.
- Once boiling, add **kale** and ¼ tsp. **salt**.
- Cover, and reduce heat to medium. Stir often until kale wilts and sauce has thickened, 4-5 minutes.
- Stir in **butter** until melted.
- Remove from burner.



Cook the Tomatoes

- Return pan used to cook chicken to high heat. Add **tomatoes** to hot pan and cook until lightly charred, 2-3 minutes.
- Season with a pinch of **salt** and **pepper**.
- Remove from burner.
- Plate dish as pictured on front of card, squeezing **lemon wedges** over to taste. Bon appétit!