



In your box

- 2 oz. Peas
- ½ oz. Flour
- 2 tsp. Chicken Demi-Glace
- 1 Shallot
- 6 oz. Cremini Mushrooms
- 6 oz. Broccoli Florets
- 4 fl. oz. Light Cream
- 3 fl. oz. Marsala Wine

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Boneless Pork Chops
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

- Olive Oil, Salt, Pepper
- Mixing Bowl, Medium Non-Stick Pan



Marsala Mushroom Chicken Skillet

with broccoli and peas

NUTRITION per serving—Calories: 533, Carbohydrates: 34g, Fat: 24g, Protein: 46g, Sodium: 1579mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

25-35 min.

Cook Within

5 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ❑ If using fresh produce, thoroughly rinse and pat dry

Customize It Instructions

- If using **pork chops**, follow same instruction as chicken.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Cut **mushrooms** into ¼" slices.
- Peel and halve **shallot**. Slice thinly.
- Cut **broccoli florets** into bite-sized pieces.
- Pat **chicken breasts** dry and, on a separate cutting board, cut into 1" dice. Season with ¼ tsp. **salt** and ¼ tsp. **pepper**. Place diced chicken and **flour** in a mixing bowl and toss to coat.



2

Sear the Chicken

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. You may also use a cast iron skillet.
- Add **chicken** to hot pan and stir occasionally until seared on two sides, 3-4 minutes.
- Transfer to a plate. *Chicken will finish cooking in a later step.* Keep pan over medium-high heat.



3

Cook the Vegetables

- Add 2 tsp. **olive oil**, **mushrooms**, and **shallot** to hot pan and stir occasionally until lightly browned, 2-4 minutes.
- Add **marsala** and stir occasionally until mostly evaporated, 2-3 minutes.
- Stir in **cream**, **broccoli**, 2 Tbsp. **water**, **demi-glace**, ¼ tsp. **salt**, and a pinch of **pepper** until combined.



4

Finish the Skillet

- Return **chicken and any accumulated juices** to pan. Bring to a simmer.
- Once simmering, stir occasionally until **sauce** is thick enough to coat the back of a spoon and chicken reaches a minimum internal temperature of 165 degrees, 6-7 minutes.
- Add **peas** and stir until warmed through, 1 minute.



5

Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!