



### In your box

- 2 Garlic Cloves
- 1 oz. Grated Parmesan
- 6 oz. Broccoli Florets
- 2 oz. Light Cream Cheese
- 2 oz. Shredded Cheddar Cheese
- 2 Russet Potatoes
- 13 oz. Boneless Skinless Chicken Breasts



Staff Pick

## Broccoli-Cheddar Crusted Chicken

with Parmesan-roasted potatoes

NUTRITION per serving—Calories: 716, Carbohydrates: 41g, Fat: 35g, Protein: 59g, Sodium: 1654mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
**35-45 min.**

Cook Within  
**5 days**

Difficulty Level ● ● ●  
**Intermediate**

Spice Level 🌶️ 🌶️ 🌶️  
**Not Spicy**

## 🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, Medium Oven-Safe Non-Stick 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 **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray



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### Start the Potatoes

- Cut **potatoes** into ½” dice.
- Place potatoes on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into potatoes
- Spread into a single layer. Roast in hot oven, 20 minutes.
- Remove from oven. *Potatoes will finish cooking in a later step.*
- While potatoes roast, prepare ingredients.



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### Prepare Ingredients and Make Topping

- Cut **broccoli florets** into bite-sized pieces.
- Mince **garlic**.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.
- Place a medium oven-safe non-stick pan over medium heat and add 2 tsp. **olive oil**. Add broccoli to hot pan and stir occasionally until tender, 5-7 minutes.
- Transfer broccoli to a mixing bowl and combine with **cream cheese**, **cheddar**, and a pinch of salt. Set aside.
- Wipe pan clean and reserve.



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### Finish the Potatoes

- After potatoes have cooked 20 minutes, carefully toss with **garlic** and **Parmesan**.
- Spread into a single layer again and roast until browned and tender, 10-15 minutes.
- While potatoes roast, cook chicken.



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### Cook the Chicken

- Return pan used to cook broccoli to medium-high heat and add 2 tsp. **olive oil**. Add **chicken** to hot pan, flat side down, and sear until golden brown, 2-3 minutes.
- Flip, and evenly top chicken with **topping**, pressing down lightly to adhere. Place pan in hot oven and bake until chicken reaches a minimum internal temperature of 165 degrees, 8-10 minutes.



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### Finish the Dish

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