



In your box

- 2 oz. Baby Spinach
- 1 oz. Feta Cheese
- 1 Puff Pastry Dough Square
- 2 Zucchini
- 1 Shallot
- 2 Dill Sprigs
- 1 oz. Light Cream Cheese
- 2 Garlic Cloves
- 1 Yellow Squash

Customize It Options

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



Customer Favorite

Greek Spinach and Feta Chicken

with zucchini and yellow squash

NUTRITION per serving—Calories: 557, Carbohydrates: 27g, Fat: 28g, Protein: 47g, Sodium: 1687mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients
**Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.*

Prep & Cook Time
40-50 min.

Cook Within
4 days

Difficulty Level ● ● ● ○
Intermediate

Spice Level ○ ○ ○ ○ ●
Not Spicy

① You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Large 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 **450 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Refrigerate **puff pastry** until ready to use



1

Prepare the Ingredients

- Remove **puff pastry** from refrigerator. Use the back of a knife to draw diagonal lines on puff pastry, ½" apart. Draw another set of lines in the opposite direction. Halve puff pastry and refrigerate again.
- Trim **zucchini** and **yellow squash** ends, quarter, and cut into ½" dice.
- Coarsely chop **spinach**.
- Mince **dill** (no need to stem).
- Peel and halve **shallot**. Slice thinly.
- Mince **garlic**



2

Make the Topping

- Place a large non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **garlic** to hot pan and cook, 30 seconds.
- Add **spinach** and stir until wilted, 1-2 minutes.
- Remove from burner. Transfer garlic and spinach to a mixing bowl and add **cream cheese**, **feta**, and a pinch of **salt** and **pepper**. Thoroughly combine and set aside.
- Wipe pan clean and reserve.



3

Start the Chicken

- Pat **chicken** dry, and season both sides with a pinch of **salt** and **pepper**.
- Return pan used to make topping to medium-high heat and add 1 tsp. **olive oil**.
- Place chicken in hot pan and cook until browned, 2-3 minutes per side.
- Transfer chicken to prepared baking sheet. *Chicken will continue cooking in a later step.*
- *If using pork chops, season same amount and cook until browned, 1-2 minutes per side.*
- Wipe pan clean and reserve.



4

Finish the Chicken

- Divide **topping** evenly on **chicken**.
- Remove **puff pastry** from refrigerator. Carefully, stretch puff pastry over chicken, tucking ends under.
- Bake in hot oven until pastry is golden brown and chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- *If using pork, follow same instructions for topping and puff pastry. Bake in hot oven until pork reaches a minimum internal temperature of 145 degrees, 10-12 minutes.*
- While chicken bakes, cook vegetables.



5

Cook Vegetables and Finish Dish

- Return pan used to sear chicken medium-high heat and add 2 tsp. **olive oil**.
- Add **zucchini**, **yellow squash**, and **shallot** to hot pan. Stir often until browned and tender, 6-8 minutes.
- Remove from burner. Stir in **dill**, ½ tsp. **salt**, and a pinch of **pepper**.
- Plate dish as pictured on front of card. Bon appétit!