



In your box

1 oz. Pepitas
2 Garlic Cloves
.6 oz. Butter
1 Poblano Pepper
4 fl. oz. Light Cream
13 oz. Boneless Skinless Chicken Breasts
1 Lime
12 oz. Cauliflower Florets



Chicken with Poblano Cream Sauce and pepita-lime butter cauliflower

NUTRITION per serving—Calories: 582, Carbohydrates: 21g, Fat: 34g, Protein: 46g, Sodium: 1351mg.
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 ● ● ●
Intermediate

Spice Level ● ● ● ●
Mild

① You will need

Olive Oil, Salt, Cooking Spray

Baking Sheet, Medium 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 **400 degrees**
- ☐ Set **butter** on counter to soften
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray



1

Prepare the Ingredients

- Cut **cauliflower florets** into 1" pieces.
- Stem **poblano peppers**, seed, and finely dice. *Wash hands and cutting board after prepping.*
- Mince **garlic**.
- Halve **lime**. Cut one half into wedges and juice the other half.
- Finely chop **pepitas**.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt**.



2

Roast the Cauliflower

- Place **cauliflower** on prepared baking sheet and toss with 2 tsp. **olive oil** and ¼ tsp. **salt**. Massage oil into cauliflower.
- Spread into a single layer and roast in hot oven until tender, 16-20 minutes.
- While cauliflower roasts, cook chicken.



3

Cook the Chicken

- Place a medium non-stick pan over medium heat and generously coat with **cooking spray**. Add **chicken breasts** to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove chicken to a plate and tent with foil.
- Reserve pan; no need to wipe clean.



4

Make the Butter

- In a mixing bowl, combine **butter** and ½ tsp. **lime juice**. Set aside.



5

Make Sauce and Finish Dish

- Return pan used to cook chicken to medium heat. Add **garlic** and **poblano** to hot pan and stir often until poblano is soft, 1-2 minutes.
- Add **cream** and a pinch of **salt**. Stir constantly until slightly thickened, 1-2 minutes.
- Remove from burner.
- Add roasted **cauliflower** and **pepitas** to mixing bowl with **butter** and stir to combine.
- Plate dish as pictured on front of card, spooning **sauce** over **chicken**. Squeeze **lime wedge** over to taste. Bon appétit!