



- In your box**
- 2 oz. Peas
 - ¼ oz. Cilantro
 - 13 oz. Boneless Skinless Chicken Breasts
 - ¼ tsp. Red Pepper Flakes
 - 1 tsp. Curry Seasoning
 - 2 tsp. Mirepoix Base
 - 12 oz. Cauliflower Florets
 - 5.4 fl. oz. Coconut Milk



Curried Coconut Chicken

with cilantro cauliflower

NUTRITION per serving—Calories: 533, Carbohydrates: 18g, Fat: 33g, Protein: 45g, Sodium: 1557mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
5 days

Difficulty Level ● ● ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Mild

① You will need

Olive Oil, Salt, Pepper

Medium Non-Stick Pan, Large Pan

👑 Before you cook

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

- ☐ Thoroughly rinse produce and pat dry



1

Prepare the Ingredients

- Coarsely chop **cauliflower florets**.
- Mince **cilantro** (no need to stem).
- Pat **chicken breasts** dry.



2

Cook the Chicken

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- 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.
- While chicken cooks, cook cilantro cauliflower.



3

Cook the Cilantro Cauliflower

- Place a large non-stick pan over medium-high heat and add 1 Tbsp. **olive oil**. Add **cauliflower** to hot pan and stir occasionally until tender and browned, 4-5 minutes.
- Add ¼ cup **water**. Cover, and cook until cauliflower is tender, 2-3 minutes.
- Stir in **peas** and cook until warm, 1 minute.
- Remove from burner and stir in **cilantro**, ½ tsp. **salt**, and a pinch of **pepper**.



4

Make the Sauce

- Return pan used to cook chicken to medium-high heat.
- Add **curry seasoning** to hot pan and stir until aromatic, 30-90 seconds.
- Add **coconut milk** and **mirepoix base** and cook until slightly thickened, 2-3 minutes.
- Remove from burner and season with ¼ tsp. **salt** and **red pepper flakes** (to taste).



5

Finish the Dish

- Plate dish as pictured on front of card, pouring **sauce** on and around **chicken**. Bon appétit!