



In your box

- 1 ½ oz. Mozzarella Slices
- 3 oz. Artichoke Hearts
- 13 oz. Boneless Skinless Chicken Breasts
- ¼ cup Panko Breadcrumbs
- 1 Roma Tomato
- 1 Lemon
- 1 Yellow Onion
- 1 oz. Sour Cream
- 5 oz. Baby Spinach



Cheese-Stuffed Chicken Milanese

with spinach and artichoke salad in creamy lemon dressing

NUTRITION per serving—Calories: 577, Carbohydrates: 30g, Fat: 28g, Protein: 49g, Sodium: 1447mg.
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

① You will need

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



1

Prepare the Ingredients

- Core **tomato** and cut into ½" dice.
- Halve **lemon**. Cut one half into wedges and juice the other half.
- Quarter and peel **onion**. Cut quarters into ½" slices.
- Drain **artichokes** and halve.
- Pat **chicken breasts** dry.



2

Roast the Vegetables

- Place **onion** and **artichokes** on prepared baking sheet and toss with 2 tsp. **olive oil**. Massage oil into vegetables.
- Spread into a single layer and roast in hot oven until vegetables are tender, 16-19 minutes.
- Cool roasted vegetables at least 5 minutes.
- While vegetables roast, prepare chicken



3

Prepare the Chicken

- Cover chicken with plastic wrap and pound with a heavy object into an even ¼" thickness. *If available, use a disposable gallon-size bag for pounding.* Halve **chicken** lengthwise and season with a pinch of **salt** and **pepper**.
- Fold **mozzarella slices**. Place folded mozzarella slice on one chicken halve. Top with remaining halve and gently press together. Repeat with remaining mozzarella and chicken.
- Coat chicken entirely with **panko**, gently pressing to adhere.



4

Cook the Chicken

- Place a medium oven-safe pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **chicken** to pan and sear undisturbed until browned, 2-4 minutes.
- Flip, and place pan in hot oven. Cook until chicken reaches a minimum internal temperature of 165 degrees, 8-12 minutes.
- While chicken roasts, make dressing.



5

Make Salad and Finish Dish

- Combine **sour cream**, 2 tsp. **lemon juice**, 1 Tbsp. **olive oil**, ½ tsp. **salt**, and a pinch of **pepper** in a mixing bowl.
- Once **chicken** has roasted, add **spinach**, **tomatoes**, and **roasted vegetables** to bowl and toss to combine.
- Plate dish as pictured on front of card, squeezing **lemon wedge** over to taste. Bon appétit!