



#### In your box

- 3 oz. Prosciutto
- 1 oz. Shredded Swiss Cheese
- 3 oz. Sour Cream
- 2 Russet Potatoes
- 2 Zucchini
- 1 tsp. Meatloaf Seasoning
- ½ oz. Hazelnut Pieces
- .3 oz. Butter
- 2 Garlic Cloves

#### Customize It Options

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



Staff Pick

## Chicken Cordon Bleu

with garlic mashed potatoes and roasted zucchini

NUTRITION per serving—Calories: 776, Carbohydrates: 43g, Fat: 39g, Protein: 51g, Sodium: 1623mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients  
*\*Nutritional information may vary if you selected an alternative protein as your customized option*

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

Large Non-Stick Pan, Colander, Baking Sheet, Medium Pot

## 👑 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
- Refrigerate **prosciutto** until ready to use



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### Prepare the Ingredients

- Peel and cut **potatoes** into ½” dice.
- Trim **zucchini** ends, halve lengthwise, and cut into ½” slices. Place zucchini on one half of prepared baking sheet and toss with 2 tsp. **olive oil**, **meatloaf seasoning**, and a pinch of **pepper**. Spread into a single layer on their half. Set aside.
- Pat **chicken breasts** dry.
- *If using **pork chops**, pat dry and season both sides with a pinch of salt.*



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### Make the Mashed Potatoes

- Bring a medium pot with **potatoes** and **garlic** covered by water to a boil. Cook until fork-tender, 14-18 minutes.
- Reserve ¾ cup **potato cooking water**. Drain potatoes in a colander and return to pot. Add **butter**, **sour cream**, ¼ cup potato cooking water, and ¼ tsp. **salt**. Mash until smooth. Cover and set aside.
- *If potatoes are too dry, add potato cooking water, 2 Tbsp. at a time, until desired consistency is reached.*
- While potatoes boil, prepare chicken.



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### Prepare the Chicken

- Cover **chicken breasts** with plastic wrap and pound with a heavy object into an even ½” thickness. Season both sides with a pinch of **pepper**. *If available, use a disposable gallon-size bag for pounding.*
- Remove **prosciutto** from refrigerator. Wrap each chicken breast with two prosciutto slices, wrapping around the width like a belt. (Remaining prosciutto is extra.)
- *If using **pork chops**, skip pounding and go directly to wrapping with prosciutto.*



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### Cook the Chicken and Zucchini

- Place a large non-stick pan over medium heat and add 1 Tbsp. **olive oil**. Add **prosciutto-wrapped chicken** to hot pan, seam-side down, and cook undisturbed until prosciutto is crisp, 5-7 minutes.
- Flip chicken and cook, 1 minute. Transfer chicken to empty half of baking sheet, seam-side down. Roast in hot oven until **zucchini** is tender and chicken reaches a minimum internal temperature of 165 degrees, 6-8 minutes.
- Top cooked chicken with **cheese**. Roast again until cheese is melted, 1-2 minutes.
- *If using **pork chops**, follow same instructions in pan and roast until pork chops reach a minimum internal temperature of 145 degrees, 8-9 minutes. Follow same instructions with cheese.*



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### Finish the Dish

- Plate dish as pictured on front of card, garnishing **zucchini** with **hazelnut pieces**. Bon appétit!