



In your box

- 1 oz. Grated Parmesan
- .6 oz. Butter
- 2 oz. Sour Cream
- 1 Roma Tomato
- 12 oz. Cauliflower Florets
- 2 Green Onions
- 2 tsp. Chicken Demi-Glace
- 1 oz. Marsala Cooking Wine

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Pork Tenderloin Medallions
- 12 oz. Sirloin Steaks
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

You will need

- Olive Oil, Salt, Pepper
- Medium Pot, Medium Non-Stick Pan, Colander



Chicken with Marsala Tomato Relish

with cauliflower mash

NUTRITION per serving—Calories: 530, Carbohydrates: 17g, Fat: 27g, Protein: 49g, Sodium: 1554mg.
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
30-40 min.

Cook Within
5 days

Difficulty Level
Easy

Spice Level
Not Spicy

👑 Before you cook

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

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **butter, green onions**

Customize It Instructions

- If using **sirloin steaks**, follow same instructions as chicken in Step 1 and Step 3, cooking until browned and steaks reach minimum internal temperature, 5-7 minutes per side.
- If using **pork medallions**, pat dry and season all over with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as chicken in Step 3, cooking medallions until they reach minimum internal temperature, 3-5 minutes per side.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Coarsely chop **cauliflower florets**.
- Core **tomato** and cut into ¼" dice.
- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Make the Cauliflower Mash

- Bring **cauliflower** covered by 4 cups **water** and 1 tsp. **salt** to a boil in a medium pot. Cover, and cook until fork-tender, 12-14 minutes.
- Drain cauliflower in a colander and return to pot. Add half the **butter** (reserve remaining for sauce), **sour cream**, **Parmesan**, **green portions of green onions**, and ¼ tsp. **salt**. Stir until combined and cauliflower breaks down into small pieces, resembling cooked risotto. Cover and set aside.
- While cauliflower boils, cook chicken.



3

Cook the Chicken

- Place a medium non-stick pan over medium heat, and add 2 tsp. **olive oil**. Add **chicken** to hot pan and cook until browned and chicken reaches minimum internal temperature, 5-7 minutes per side.
- Transfer chicken to a plate and tent with foil. Keep pan over medium heat.



4

Make the Sauce

- Add 1 tsp. **olive oil**, **white portions of green onions**, and **tomatoes** to hot pan and cook until starting to soften, 1-2 minutes.
- Add **wine** and **demi-glace**, and stir constantly until liquid is reduced by half, 60-90 seconds.
- Remove from burner and swirl in remaining **butter**.



5

Finish the Dish

- Plate dish as pictured on front of card, spooning **sauce** over **chicken**. Bon appétit!