



In your box

- 2 Roma Tomatoes
- 1 Shallot
- 1 oz. Marsala Cooking Wine
- .6 oz. Butter
- 1 oz. Pecorino Cheese
- 1 tsp. Seasoned Salt Blend
- 1 tsp. Sugar
- 12 oz. Cauliflower Florets

Customize It Options

- 16 oz. Bone-in Skin-On Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 14 oz. Pork Tenderloin

*Contains: milk

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Medium Non-Stick Pan, Baking Sheet



Roasted Bone-In Chicken Breast with Marsala Sauce and pecorino roasted cauliflower

NUTRITION per serving—Calories: 497, Carbohydrates: 23g, Fat: 30g, Protein: 31g, Sodium: 1371mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

35-45 min.

Cook Within

5 days

Difficulty Level

Intermediate

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
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **seasoned salt**

Customize It Instructions

- If using **boneless skinless chicken breast**, follow same instructions as skin-on chicken in Steps 1 and 2, searing until browned, 2-3 minutes per side. Follow same instructions as skin-on chicken in Step 3, roasting until chicken reaches minimum internal temperature, 10-12 minutes. Then roast cauliflower and cheese until cauliflower is tender, 5-7 minutes.
- If using **pork tenderloin**, follow same instructions as skin-on chicken in Steps 1 and 2, searing until browned, 3-4 minutes per side. Follow same instructions as skin-on chicken in Step 3, roasting until chicken reaches minimum internal temperature, 13-16 minutes. Then roast cauliflower and cheese until cauliflower is tender, 3-4 minutes.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Peel and mince **shallot**.
- Core **tomato** and cut into ¼" dice.
- Cut **cauliflower** into bite-sized pieces, if necessary.
- Pat **chicken breasts** dry, and season both sides with half the **seasoned salt** (reserve remaining for cauliflower).



2

Sear the Chicken

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **chicken** to hot pan, skin side down, and sear until browned, 4 minutes.
- Flip chicken, and sear until browned, 3 minutes.
- Transfer chicken to one side of prepared baking sheet, skin side up. *Chicken will finish cooking in a later step.*
- Reserve pan; no need to wipe clean.



3

Roast the Cauliflower and Chicken

- Place **cauliflower** on empty side of baking sheet and toss with 2 tsp. **olive oil** and remaining **seasoned salt**.
- Spread cauliflower into a single layer on its side. Roast in hot oven until **chicken** reaches a minimum internal temperature of 165 degrees, 17-19 minutes.
- Remove cooked chicken to a plate and tent with foil.
- Top cauliflower with **cheese** and roast again until cheese melts, 2-4 minutes.
- While cauliflower and cheese roast, make sauce.



4

Make the Sauce

- Return pan used to cook chicken to medium-high heat. Add **shallot** to hot pan and stir occasionally, 1 minute.
- Add **tomato**, ¼ tsp. **salt**, and a pinch of **pepper**. Stir occasionally until starting to soften, 2-3 minutes.
- Add **marsala** and **sugar**. Bring to a simmer. Once simmering, stir occasionally until sugar is dissolved and sauce is slightly thickened, 1-2 minutes.
- Remove from burner and swirl in **butter**.



5

Finish the Dish

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