



#### In your box

2 tsp. Buttermilk Dill Seasoning  
12 oz. Cauliflower Florets  
2 oz. Light Cream Cheese  
2 Green Onions  
2 tsp. Frank's RedHot Sauce  
½ oz. Potato Sticks  
1 oz. Sour Cream

#### Customize It Options

13 oz. Boneless Skinless Chicken Breasts  
14 oz. USDA Choice New York Strip Steak (Serves 2)  
12 oz. Boneless Pork Chops  
13 ½ oz. Organic Boneless Skinless Chicken Breasts

#### You will need

Salt, Pepper, Cooking Spray  
Mixing Bowl, Baking Sheet, Medium Pot, Colander



## Crispy Potato Crusted Buffalo Chicken

with ranch cauliflower mash

NUTRITION per serving—Calories: 376, Carbohydrates: 17g, Fat: 14g, Protein: 45g, Sodium: 1625mg.  
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  
**35-45 min.**

Cook Within  
**5 days**

Difficulty Level  
**Easy**

Spice Level  
**Mild**

## 👑 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: green onions, cream cheese

## Customize It Instructions

- If using **pork chops**, follow same instruction as chicken in Step 1 and Step 2, roasting until pork reaches minimum internal temperature, 12-14 minutes.
- If using **NY Strip steak**, pat dry and season both sides with 1/4 tsp. **salt** and a pinch of **pepper**. In Step 2, place a medium non-stick pan over medium-high heat. Add 2 tsp. olive oil and steak to hot pan. Sear undisturbed until browned, 2 minutes. Transfer steak to prepared baking sheet and follow same instructions for crusting. Bake in hot oven until steak reaches minimum internal temperature, 14-17 minutes. Halve to serve.

### Minimum Internal Temperature

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



1

### Prepare the Ingredients

- Trim and thinly slice **green onions**, keeping white and green portions separate.
- Cut **cauliflower** into bite-sized pieces, if necessary.
- Coarsely crush **potato sticks**.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.



2

### Roast the Chicken

- In a mixing bowl, combine **white portions of green onions**, **hot sauce** (to taste), and half the **cream cheese** (reserve remaining for cauliflower) until smooth.
- Place **chicken** on prepared baking sheet and top evenly with cream cheese-hot sauce mixture and **potato sticks**, pressing gently to adhere.
- Roast in hot oven until browned and chicken reaches minimum internal temperature, 18-22 minutes.
- While chicken roasts, make cauliflower mash.



3

### Boil the Cauliflower

- Bring a medium pot with **cauliflower** covered by **water** to a boil. Once boiling, reduce to a simmer and cook until tender, 12-15 minutes.
- Drain cauliflower into a colander and return to pot.



4

### Mash the Cauliflower

- Add remaining **cream cheese**, **seasoning blend**, **sour cream**, **green portions of green onions**, and a pinch of **salt** and **pepper** to pot.
- Mash until cream cheese has melted and cauliflower is creamy.



5

### Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!