



In your box

½ oz. Grated Parmesan
1 Tbsp. Roasted Red Pepper Pesto
4 fl. oz. Light Cream
12 oz. Broccoli Florets

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
12 oz. Boneless Pork Chops
13 ½ oz. Organic Boneless Skinless Chicken Breasts

You will need

Olive Oil, Salt, Pepper
Large Non-Stick Pan, Medium Non-Stick Pan



Chicken and Roasted Red Pepper Cream with Parmesan broccoli

NUTRITION per serving—Calories: 516, Carbohydrates: 14g, Fat: 31g, Protein: 46g, Sodium: 1286mg.
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
15 min.

Cook Within
4 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

Customize It Instructions

- If using **pork chops**, follow same instructions as chicken.

Minimum Internal Temperature

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



Start the Chicken

- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add chicken to hot pan and cook on one side until browned, 5-7 minutes.
- While chicken cooks, start broccoli.



Cook the Broccoli

- Cut **broccoli** into bite-sized pieces, if necessary.
- Place a large non-stick pan over medium heat and add 1 Tbsp. **olive oil**. Add broccoli and 1 Tbsp. **water** to hot pan. Cover, and cook until water is almost completely evaporated, 5 minutes.
- Uncover, and stir occasionally until tender, 2-3 minutes.
- Remove from burner and stir in ¼ tsp. **salt**, and a pinch of **pepper**.



Finish Chicken and Heat Sauce

- Flip **chicken** and cook, 2 minutes.
- Add **cream**, **red pepper pesto**, and a pinch of **salt** and bring to a simmer. Stir sauce occasionally until chicken reaches minimum internal temperature and sauce has thickened slightly to coat chicken, 3-4 minutes.



Finish the Dish

- Plate dish as pictured on front of card, placing **chicken** on **roasted red pepper cream**, and garnishing **broccoli** with **Parmesan**. Bon appétit!