



#### In your box

2 Russet Potatoes  
2 oz. Shredded Cheddar Cheese  
6 oz. Broccoli Florets  
2 Garlic Cloves  
1 oz. Grated Parmesan  
2 oz. Light Cream Cheese

#### Customize It Options

13 oz. Boneless Skinless Chicken Breasts  
12 oz. Sirloin Steaks  
12 oz. Filets Mignon  
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

\*Contains: milk

#### You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Mixing Bowl, Medium Oven-Safe Non-Stick Pan, Baking Sheet



## Broccoli-Cheddar Crusted Chicken

with Parmesan-roasted potatoes

NUTRITION per serving—Calories: 727, Carbohydrates: 43g, Fat: 36g, Protein: 58g, Sodium: 1677mg.

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 **425 degrees**
- Prepare a baking sheet with foil and cooking spray
- Upon delivery, remove **potatoes** from meal bag and store at room temperature

### Customize It Instructions

- If using **filets mignon**, follow same instructions as chicken in Steps 2 and 4, searing until browned on one side, 2-3 minutes. Flip, and top evenly with **topping** (there may be some extra topping). Place pan in hot oven and roast until filets reach minimum internal temperature, 12-14 minutes.
- If using **sirloin steaks**, follow same instructions as chicken in Steps 2 and 4, searing until browned on one side, 2-3 minutes. Flip, and top evenly with topping (there may be some extra topping). Place pan in hot oven and roast until steaks reach minimum internal temperature, 10-12 minutes.

Minimum Internal Temperature

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



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### Start the Potatoes

- Cut **potatoes** into ½" dice.
- Place potatoes on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into potatoes.
- Spread into a single layer. Roast in hot oven, 20 minutes.
- Carefully remove from oven. *Potatoes will finish cooking in a later step.*
- While potatoes roast, prepare ingredients.



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### Prepare Ingredients and Make Topping

- Cut **broccoli florets** into bite-sized pieces.
- Place a medium oven-safe non-stick pan over medium heat and add 2 tsp. **olive oil**. Add broccoli to hot pan and stir occasionally until tender, 5-7 minutes.
- While broccoli cooks, mince **garlic**.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.
- Transfer cooked broccoli to a mixing bowl and combine with **cream cheese**, **cheddar cheese**, and a pinch of salt. Set aside. Wipe pan clean and reserve.



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### Finish the Potatoes

- Carefully toss **roasted potatoes** with **garlic** and **Parmesan**. *Use a utensil; baking sheet will be hot!*
- Spread into a single layer and roast again until browned and tender, 10-15 minutes.
- While potatoes roast, cook chicken.



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### Cook the Chicken

- Return pan used to cook broccoli to medium-high heat and add 2 tsp. **olive oil**. Add **chicken** to hot pan, flat side down, and sear until golden brown, 2-3 minutes.
- Flip, and top chicken evenly with **topping**, gently pressing to adhere.
- Place pan in hot oven and roast until chicken reaches a minimum internal temperature of 165 degrees, 8-10 minutes.



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### Finish the Dish

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