



#### In your box

- ½ oz. Grated Parmesan
- ¼ tsp. Red Pepper Flakes
- ½ oz. Preserved Lemon Slices
- ¼ oz. Parsley
- 1.26 oz. Mayonnaise
- 12 oz. Cauliflower Florets

#### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets
- 13½ oz. Organic Boneless Skinless Chicken Breasts

\*Contains: milk, eggs, fish (salmon)

#### You will need

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



Staff Pick

## Chicken Breast with Preserved Lemon Aioli and roasted cauliflower with Parmesan and parsley

NUTRITION per serving—Calories: 484, Carbohydrates: 12g, Fat: 28g, Protein: 44g, Sodium: 1007mg.

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

30-40 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 **425 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **parsley**

### Customize It Instructions

- If using **salmon fillets**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as chicken in Step 3, placing in hot pan skin side up and cooking until salmon reaches minimum internal temperature, 4-6 minutes per side.

Minimum Internal Temperature

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



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### Make the Preserved Lemon Aioli

- Combine **mayonnaise**, **preserved lemon**, half the **parsley** (reserve remaining for garnish), and **red pepper flakes** (to taste) in a mixing bowl. Set aside.



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### Roast the Cauliflower

- Cut **cauliflower** into bite-sized pieces.
- Place cauliflower on prepared baking sheet and toss with 2 tsp. **olive oil**, a pinch of **pepper**, and ¼ tsp. **salt**, if desired.
- Spread into a single layer and roast in hot oven until tender, 16-18 minutes.
- While cauliflower roasts, prepare ingredients.



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### Prepare the Ingredients

- Mince **preserved lemon**. *Don't worry about removing pith. It's edible and tastes delicious!*
- Coarsely chop **parsley** (no need to stem).
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.



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### Cook the Chicken

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **chicken breasts** to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove from burner.



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### Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **preserved lemon aioli**, and topping **cauliflower** with **Parmesan** and remaining **parsley**. Bon appétit!