



In your box

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

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
12 oz. Salmon Fillets
13 ½ oz. Organic Boneless Skinless Chicken Breasts
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, fish (salmon)

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: 851mg.

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

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 **salmon**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as chicken in Step 1, 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°



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, 5-6 minutes.
- Uncover, and stir occasionally until tender, 2-3 minutes.
- Remove from burner and stir in a pinch of **pepper** and ¼ tsp. **salt**, to taste.



Finish Chicken and Make Cream

- Flip **chicken**, and cook until browned and chicken reaches a minimum internal temperature of 165 degrees.
- Remove chicken from pan. Add **cream**, **red pepper pesto**, and a pinch of **salt**, if desired. Bring to a simmer.
- Once simmering, cook until sauce thickens, 1-2 minutes.
- Remove from burner. Add chicken to pan and flip to coat.



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!