



In your box

- 1 oz. Light Cream Cheese
- 6 oz. Broccoli Florets
- 2 Garlic Cloves
- 1 oz. Artichoke Hearts
- ½ oz. Baby Spinach
- 2 oz. Shredded Mozzarella
- 1 Zucchini

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk

You will need

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



Staff Pick

Spinach-Artichoke Chicken

with roasted broccoli and zucchini

NUTRITION per serving—Calories: 527, Carbohydrates: 13g, Fat: 31g, Protein: 50g, Sodium: 1723mg.

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

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 **400 degrees**
- Set **cream cheese** on counter to soften
- Prepare a baking sheet with foil and cooking spray



1

Prepare the Ingredients

- Cut **broccoli florets** into large bite-sized pieces, if necessary.
- Trim **zucchini** ends, halve lengthwise, and cut into ½” half-moons.
- Drain **artichokes**. Squeeze out liquid and coarsely chop.
- Mince **garlic**.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and ¼ tsp. **pepper**.



2

Roast the Vegetables

- Place **broccoli** and **zucchini** on prepared baking sheet and toss with 2 Tbsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper**. Massage oil and seasoning into vegetables.
- Spread into a single layer. Roast in hot oven until broccoli is tender and lightly browned, 15-18 minutes.
- While vegetables roast, make spinach-artichoke mixture.



3

Make the Spinach-Artichoke Mixture

- Place a medium oven-safe non-stick pan over medium heat. Add 1 tsp. **olive oil**, **spinach**, and **garlic** to hot pan. Stir occasionally until spinach is wilted, 1-2 minutes.
- Remove from burner. Transfer spinach to a mixing bowl. Add **artichokes**, **mozzarella**, **cream cheese**, ¼ tsp. **salt**, and ¼ tsp. **pepper** and stir until incorporated. Set aside.
- Wipe pan clean and reserve.



4

Sear and Top the Chicken

- Return pan used to wilt spinach to medium-high heat. Add 1 tsp. **olive oil** and **chicken breasts** to hot pan. Cook undisturbed until browned, 3-4 minutes.
- Flip chicken, and cook undisturbed, 2 minutes.
- Remove pan from burner. *Chicken will finish cooking in a later step.*
- Carefully, spoon **spinach-artichoke mixture** evenly onto chicken.



5

Roast Chicken and Finish Dish

- Place pan in hot oven and roast until **spinach-artichoke mixture** is lightly browned and **chicken** reaches a minimum internal temperature of 165 degrees, 8-12 minutes.
- *Be careful when removing pan from oven; handle will be hot!*
- Plate dish as pictured on front of card. Bon appétit!