



In your box

- 2 tsp. Chicken Demi-Glace
- 1 oz. Lemon Garlic Herb Butter
- 1 oz. Grated Parmesan
- 1 Tbsp. Tomato Paste
- 4 oz. Broccolini
- 1 oz. Shredded Asiago Cheese
- ¼ cup Italian Panko Blend
- 4 oz. Grape Tomatoes
- ¾ cup Arborio Rice

Customize It Options

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

*Contains: milk, wheat

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Baking Sheet, Mixing Bowl, 2 Medium Pots, Medium Non-Stick Pan



Culinary Collection

Crispy Asiago Chicken

with roasted broccolini and tomato risotto

NUTRITION per serving—Calories: 853, Carbohydrates: 76g, Fat: 34g, Protein: 56g, Sodium: 1667mg.

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**
- Bring 4 cups **water** to a boil in a medium pot
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **wild-caught salmon fillets**, pat dry and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as chicken in Step 4, searing flesh side of salmon until golden brown, 2-4 minutes, then roasting seared side up until salmon is firm and reaches minimum internal temperature, 6-8 minutes.

Minimum Internal Temperature

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



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Finish the Risotto

- Add ½ cup **boiling water** from other pot and stir often again until nearly all water is absorbed. Repeat this process, stirring often, 18-20 minutes.
- Taste *risotto as you cook, checking for tenderness. When rice has no more "bite" or crunch, it's done. There may be water left.*
- Remove from burner. Stir in **Parmesan**, **butter**, ¼ tsp. **salt**, and a pinch of **pepper**. Cover and set aside.
- While risotto cooks, roast chicken and broccolini.



1

Prepare the Ingredients

- Halve **tomatoes**.
- Trim bottom end from **broccolini**.
- Combine **panko**, **Asiago**, and 1 tsp. **olive oil** in a mixing bowl. Set aside.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.



4

Roast the Broccolini and Chicken

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **chicken** to hot pan and sear undisturbed until browned, 4-5 minutes.
- While chicken sears, place **broccolini** on prepared baking sheet and toss with 1 tsp. olive oil, and a pinch of **salt** and **pepper**. Spread into a single layer on one side.
- Transfer chicken, seared side up, to empty side of baking sheet. Top with **panko-Asiago mixture**, pressing gently to adhere.
- Roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- Tent roasted chicken with foil.



2

Start the Risotto

- Place another medium pot over medium-high heat and add 2 tsp. **olive oil**.
- Add **rice**, **tomato paste**, and **tomatoes** to hot pot. Stir occasionally until rice is opaque and tomato paste darkens slightly, 1-2 minutes.
- Add **demi-glace** and 1 cup **boiling water** from other pot to pot with rice. *Rice should just be covered by water.* Stir often until nearly all water is absorbed.



5

Finish the Dish

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