



In your box

- 2 tsp. Chicken Demi-Glace
- 1 oz. Grated Parmesan
- ½ tsp. Coarse Black Pepper
- 2 Garlic Cloves
- 1 Lemon
- 12 oz. Broccoli Florets
- 1 Shallot
- 1 oz. Light Cream Cheese

Customize It Options

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

*Contains: milk

You will need

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



Staff Pick

Peppercorn Cream Chicken

with Parmesan-roasted broccoli

NUTRITION per serving—Calories: 457, Carbohydrates: 21g, Fat: 20g, Protein: 51g, Sodium: 1557mg.

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**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **Parmesan, coarse black pepper**

Customize It Instructions

- If using **filets mignon**, follow same instructions as chicken in Step 2, searing 2-3 minutes per side, then roasting until filets reach a minimum internal temperature of 145 degrees, 7-9 minutes.

Minimum Internal Temperature

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



1

Start the Broccoli

- Cut **broccoli** into bite-sized pieces, if necessary.
- Place broccoli on prepared baking sheet and toss with 2 tsp. **olive oil**, half the **Parmesan** (reserve remaining for roasted broccoli), ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer on one half of baking sheet. Roast in hot oven, 10 minutes.
- Remove from oven. *Broccoli will finish roasting in a later step.*
- While broccoli roasts, start chicken.



2

Finish the Broccoli and Chicken

- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and half the **coarse black pepper** (reserve remaining for sauce).
- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add chicken to hot pan and cook until lightly browned, 3-4 minutes per side.
- Transfer chicken to empty half of baking sheet. Reserve pan, no need to wipe clean. Roast again until **broccoli** is browned and fork-tender and chicken reaches a minimum internal temperature of 165 degrees, 7-10 minutes.
- While broccoli and chicken roast, prepare ingredients.



3

Prepare the Ingredients

- Halve **lemon**. Cut one half into wedges and juice the other half.
- Peel and mince **shallot**.
- Mince **garlic**.



4

Make the Sauce

- Return pan used to cook chicken to medium heat and add 1 tsp. **olive oil**. Add **shallot** to hot pan and stir occasionally until translucent, 2-3 minutes.
- Add **garlic** and stir constantly until fragrant, 30-60 seconds.
- Stir in ¼ cup **water**, **demi-glace**, **cream cheese**, remaining **coarse black pepper**, and a pinch of **salt** until combined. Bring to a simmer.
- Once simmering, stir occasionally until creamy, 1-2 minutes.
- Remove from burner. Stir in ½ tsp. **lemon juice** until combined.



5

Finish the Dish

- Plate dish as pictured on front of card, placing **chicken** on **sauce**, and garnishing **broccoli** with remaining **Parmesan**. Squeeze **lemon wedges** over dish to taste. Bon appétit!