



#### In your box

- 12 oz. Cauliflower Florets
- 2 Tbsp. Roasted Red Pepper Pesto
- 2 oz. Light Cream Cheese
- 2 Tbsp. Italian Panko Blend
- ¼ oz. Pine Nuts
- 1 oz. Goat Cheese
- ½ oz. Grated Parmesan

#### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Filets Mignon
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

\*Contains: milk, wheat, tree nuts (pine nuts)

#### You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Large Oven-Safe Non-Stick Pan, Baking Sheet, Small Oven-Safe Casserole Dish, Mixing Bowl



Culinary Collection

## Pine Nut and Goat Cheese-Crusted Chicken

with roasted red pepper cauliflower

NUTRITION per serving—Calories: 503, Carbohydrates: 17g, Fat: 26g, Protein: 49g, Sodium: 1391mg.

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**
- Prepare a baking sheet with foil
- Prepare a small casserole dish with cooking spray
- Ingredient(s) used more than once: **Parmesan**

### Customize It Instructions

- If using **filet mignon**, follow same instructions in Steps 1 and 4, searing undisturbed 2-3 minutes per side. Follow same instructions with topping, and place pan in hot oven. Roast 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

### Prepare the Ingredients

- Cut **cauliflower** into bite-sized pieces.
- In a mixing bowl, combine **pine nuts** and **goat cheese** (crumbling with your hands if necessary). Set aside.
- Pat **chicken** dry, and season both sides with a pinch of **salt** and **pepper**.



2

### Start the Roasted Red Pepper Cauliflower

- Place a large oven-safe non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **cauliflower** to hot pan and stir occasionally until lightly browned, 4-5 minutes.
- Transfer cauliflower to prepared casserole dish. Return pan to burner and reduce heat to medium.
- Add ½ cup **water**, **cream cheese**, **red pepper pesto**, half the **Parmesan** (reserve remaining for casserole topping), ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir to combine, then bring to a simmer.
- Once simmering, stir often until combined and slightly thickened, 1-2 minutes.
- Remove from burner.



3

### Finish the Roasted Red Pepper Cauliflower

- Place casserole dish on prepared baking sheet to catch any drips. Pour **sauce** over **cauliflower** and top evenly with **panko** and remaining **Parmesan**. Wipe pan clean and reserve.
- Bake in hot oven until cauliflower is fork-tender and sauce is bubbling, 12-15 minutes.
- While cauliflower bakes, cook chicken.



4

### Cook the Chicken

- Return pan used to cook sauce to medium heat and add 1 tsp. **olive oil**.
- Add **chicken** to hot pan. Cook undisturbed until browned, 2-3 minutes.
- Remove from burner. Flip chicken, and top evenly with **pine nut-goat cheese mixture**. Place pan in hot oven and roast until chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- *Be careful removing from oven; handle will be hot!*



5

### Finish the Dish

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