



Chicken Scallopini and Dessert

with Parmesan Polenta & Sautéed Spinach



20-30min



2 Servings

This version of the recipe is customized to include dessert. Enjoy the mini raspberry cheesecakes after your meal!

What we send

- 3 oz quick-cooking polenta
- ¼ oz fresh parsley
- ¾ oz Parmesan ⁷
- 1 lemon
- 12 oz pkg boneless, skinless chicken breasts
- 1 pkt turkey broth concentrate
- 5 oz baby spinach
- 2 (4 oz) mini raspberry cheesecakes ^{1,3,7}

What you need

- kosher salt & ground pepper
- all-purpose flour ¹
- olive oil
- butter ⁷
- garlic

Tools

- medium saucepan
- microplane or grater
- medium skillet

Allergens

Wheat (1), Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 1110kcal, Fat 63g, Carbs 80g, Protein 55g



1. Make polenta

In a medium saucepan, bring **2¾ cups water** and **1 teaspoon salt** to a boil. Gradually whisk **polenta** into boiling water; return to a boil. Cover, reduce heat to low, and cook, whisking occasionally, until grains are tender and polenta is thickened, 8-10 minutes. Remove from heat and keep covered until ready to serve.



4. Cook chicken

Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken** and cook until golden brown and cooked through, 3-4 minutes per side. Transfer chicken to a plate.



2. Prep ingredients

Pick and coarsely chop **parsley leaves**; discard stems. Finely grate **Parmesan**. Finely chop **1 tablespoon garlic**. Squeeze **2 teaspoons lemon juice** into a small bowl; cut any remaining lemon into wedges. Pat **chicken** dry; season with **salt** and **pepper**. Lightly coat each breast with **1 teaspoon flour**. In a measuring cup, combine **broth concentrate** and **½ cup water**.



5. Make sauce

To same skillet, add **remaining garlic**, **1 tablespoon butter**, and **1 teaspoon flour**. Cook, stirring, over medium heat until fragrant, 30 seconds. Stir in **broth**; bring to a simmer. Cook until thickened, 1 minute. Reduce heat to low; stir in **parsley**, **1 tablespoon butter**, and **1-2 teaspoons lemon juice** (depending on taste preference). Season to taste with **salt** and **pepper**.



3. Sauté spinach

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **spinach** and **half of the chopped garlic**; cook, stirring, until spinach is just wilted. Season with **a pinch each of salt and pepper**. Transfer to a bowl and cover to keep warm.






6. Finish & serve

Stir **Parmesan** and **1 tablespoon butter** into **polenta**. Season to taste with **salt** and **pepper**.

Spoon **polenta** onto plates and top with **spinach** and **chicken**. Drizzle **remaining sauce** over top. Serve with **any remaining lemon wedges** on the side. Enjoy!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

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