



Creamy Mushroom Chicken

over Cauliflower Mash & Wilted Spinach



30-40min



2 Servings

We discovered the tastiest way to sneak veggies into your daily routine—add them to cauliflower mash! In this case, we stir in fresh baby spinach; it adds a hit of green plus a silky texture to the creamy mash. Delicious and nutritious is a win-win. This hearty side perfectly pairs with pan-roasted chicken breast topped with a creamy mushroom-Dijon mustard pan-sauce.

What we send

- 1 head cauliflower
- 5 oz baby spinach
- 4 oz mushrooms
- 1 lemon
- 12 oz pkg boneless, skinless chicken breasts
- ¼ oz paprika
- 1 pkt chicken broth concentrate
- 1 (¼ oz) Dijon mustard
- 1 oz cream cheese ⁷
- garlic

What you need

- kosher salt & ground pepper
- olive oil
- butter ⁷

Tools

- medium pot
- colander
- microplane or grater
- medium skillet
- potato masher or fork

Allergens

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

Nutrition per serving

Calories 540kcal, Fat 32g, Carbs 17g, Protein 48g



THIS IS A CUSTOMIZED RECIPE STEP

We've tailored the instructions below to match your recipe choices. Happy cooking!

1. Cook cauliflower

Cut **cauliflower** into 1-inch pieces. Transfer to a medium pot. Add enough **salted water** to cover by 1-inch. Cover and bring to a boil over high heat. Uncover and cook until cauliflower is tender when pierced with a fork, 10-12 minutes.



4. Cook chicken & mushrooms

Heat **2 teaspoons oil** in a medium skillet over medium-high. Add **chicken** and cook until browned and cooked through, about 4 minutes per side. Transfer to a plate. Add **mushrooms** and **1 tablespoon oil** to same skillet. Season with **salt** and **pepper**. Cook, stirring occasionally, until tender, 2-3 minutes. Stir in **remaining sliced garlic**.



2. Wilt spinach

Meanwhile, thinly slice **1 large garlic clove**. Transfer **spinach** to a colander. Add half of the garlic to pot with **cauliflower** for the last 2 minutes of cooking. Reserve **¼ cup cooking water**, then drain cauliflower over spinach. Return to pot and cover to keep warm until step 6.



5. Finish sauce

Add **broth mixture** to skillet with **mushrooms**. Bring to a boil, scraping up browned bits from the bottom; cook until reduced by half, 2-3 minutes. Reduce heat to medium. Whisk in **cream cheese** and **lemon juice** until sauce is smooth. Season to taste with **salt** and **pepper**. Return **chicken and any juices** to skillet and turn to coat in sauce. Cover to keep warm.



3. Prep ingredients

Trim stem ends from **mushrooms**, then thinly slice caps. Separately, finely grate **½ teaspoon lemon zest**, then squeeze **1 teaspoon lemon juice**. Cut any remaining lemon into wedges. Pat **chicken** dry and season all over with **salt, pepper**, and **½ teaspoon paprika**. In a measuring cup, stir to combine **chicken broth concentrate, Dijon mustard**, and **⅔ cup water**.



6. Mash cauliflower & serve

Warm **cauliflower** over medium heat. Add **reserved cooking water, 2 tablespoons butter**, and **lemon zest** to pot. Use a potato masher or fork to mash cauliflower until smooth. Serve **mashed cauliflower** topped with **chicken, mushrooms**, and **sauce**. Serve with **any lemon wedges** alongside for squeezing over top. Enjoy!