



Broiled Chicken & Tomatoes

with Creamy Cauliflower Mash & Pesto



20-30min



2 Servings

Broiling is a great way to ensure that chicken breasts stay nice and juicy. Throw grape tomatoes on the same sheet pan and you have an instant saucy side dish. Basil pesto gets spooned over top for a beautiful fresh flavor boost, and cream cheese and butter cauliflower mash balance out the meal.

What we send

- 1 head cauliflower
- 12 oz pkg boneless, skinless chicken breasts
- 6 oz grape tomatoes
- 2 (1 oz) cream cheese ⁷
- 2 oz basil pesto ⁷

What you need

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

Tools

- medium saucepan
- rimmed baking sheet
- 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 530kcal, 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 ½-inch florets. Place in a medium saucepan with **2 teaspoons salt** and enough cold water to cover by 1 inch. Cover and bring to a boil over high heat. Uncover and cook until easily pierced with a fork, 10-12 minutes.

Reserve **2 tablespoons cooking water**, then drain. Return cauliflower to saucepan off heat.



4. Mash cauliflower

Meanwhile, return saucepan with **cauliflower** to medium heat. Cook, stirring frequently, until pale, dry, and just beginning to break apart, 2-3 minutes. Add **cream cheese, reserved cooking water**, and **1 tablespoon butter**. Mash with a potato masher or fork until smooth. Season to taste with **salt** and **pepper**.



2. Prep tomatoes & chicken

Preheat broiler with a rack in the upper third. Pat **chicken** dry; pound to an even thickness, if necessary.

On a rimmed baking sheet, toss **tomatoes** with **1 teaspoon oil** and a **pinch each of salt and pepper**. Place chicken in between tomatoes. Drizzle chicken with **2 teaspoons oil** and season all over with **salt** and **pepper**.



3. Broil tomatoes & chicken

Broil on upper oven rack until **chicken** is cooked through and **tomatoes** are bursting and charred in spots, about 10 minutes. (Watch closely as broilers vary. Tent with foil if browning too quickly.)



5. Serve

Serve **mashed cauliflower** with **chicken, tomatoes**, and **any pan juices** over top. Drizzle with **pesto**, as desired. Enjoy!



6. Rate your plate!

When you rate your meals we can give you more of the flavors you love. Tell us what you thought of this recipe on the app or website.