



## Rosemary-Lemon Chicken Patty

with Cauliflower Mash & Kale



30-40min



2 Servings

Cauliflower is the perfect substitute for a mash that is light on carbs but not on flavor! After boiling cauliflower until tender, it's mixed with sour cream and butter. It's the perfect side to juicy, smoky chicken patties and sautéed kale. But our favorite part is the runny fried egg on top; the yolk becomes a rich sauce to complete the bite.



## What we send

- 1 head cauliflower
- 1 shallot
- ¼ oz fresh rosemary
- 1 lemon
- 1 bunch Tuscan kale
- ¾ oz Parmesan <sup>2</sup>
- 10 oz pkg ground chicken
- 1 oz sour cream <sup>2</sup>
- ¼ oz smoked paprika

## What you need

- kosher salt & ground pepper
- butter <sup>2</sup>
- olive oil
- 2 large eggs <sup>1</sup>

## Tools

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

## Allergens

Egg (1), Milk (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 800kcal, Fat 54g, Carbs 27g, Protein 51g



### 1. Prep ingredients

Cut **half of the cauliflower** into 1-inch florets (save rest for own use). Finely chop **shallot**. Pick and finely chop **1 tablespoon rosemary leaves**; discard stems. Finely grate **½ teaspoon lemon zest**, then cut lemon into wedges. Strip **kale leaves** from **stems**; discard stems. Thinly slice kale leaves into ribbons. Finely grate **Parmesan**.



### 4. Cook kale

Heat **1 tablespoon oil** in same skillet over medium-high. Add **kale, remaining shallot mixture, and a pinch each of salt and pepper**. Cook, stirring, until kale is bright green, about 2 minutes. Add **2 tablespoons water**; continue to cook until water is evaporated and kale is tender, about 1 minute more. Transfer to a bowl and cover to keep warm. Wipe out skillet.



### 2. Make cauliflower mash

Fill a medium pot with **salted water**; add **cauliflower florets**. Cover, bring to a boil, and simmer until very tender, about 15 minutes. Drain cauliflower well, then return to pot. Use a potato masher or fork to mash cauliflower with **sour cream** and **2 tablespoons butter**. Season to taste with **salt** and **pepper**. Cover to keep warm.



### 5. Cook patties

Use moist hands to form **chicken** into 2 (5-inch) patties. Heat **1 tablespoon oil** in same skillet over medium-high. Add **chicken patties**, reduce heat to medium, and cook until browned on the outside and cooked through, 3-4 minutes per side. Transfer to a plate. Reserve skillet, without wiping clean.



### 3. Prep chicken patties

Heat **1 tablespoon oil** in a medium nonstick skillet over medium. Add **shallots** and **chopped rosemary**. Cook, stirring, until softened but not browned, 3-5 minutes. Transfer to a small bowl. Wipe out skillet.

In a medium bowl, combine **chicken, Parmesan, lemon zest, half of the shallot mixture, 1 teaspoon each of smoked paprika and salt, and a few grinds of pepper**.



### 6. Fry eggs & serve

Heat **1 tablespoon butter** in same skillet over medium-high. Crack **2 large eggs** into skillet; season with **salt** and **pepper**. Cook until whites are just set, 1-2 minutes. Cover and cook until yolks are just set, 1 minute. Serve **egg** on top of **patty** with **cauliflower** and **kale** alongside. Top with **browned butter** from skillet and **juice** from **lemon wedges**. Enjoy!