



#### In your box

1 ½ Tbsp. "Everything Bagel" Seasoning  
1 fl. oz. Sherry Wine  
¼ cup Panko Breadcrumbs  
1 Shallot  
13 oz. Boneless Skinless Chicken Breasts  
4 tsp. Chicken Demi-Glace  
12 oz. Cauliflower Florets  
1 oz. Butter



## Chicken with Shallot Demi and everything bagel seasoned cauliflower

NUTRITION per serving—Calories: 633, Carbohydrates: 32g, Fat: 35g, Protein: 46g, Sodium: 1733mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients  
*Nutritional information may vary if you selected antibiotic-free chicken breasts as your protein*

Prep & Cook Time  
**30-40 min.**

Cook Within  
**5 days**

Difficulty Level ● ● ●  
**Intermediate**

Spice Level □ □ □  
**Not Spicy**

## ① You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, Medium Non-Stick Pan, Small Pan, Mixing Bowl

## 👩🍳 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ☐ Preheat oven to **400 degrees**
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray
- ☐ Ingredient(s) used more than once: **butter**



1

### Prepare the Ingredients

- Cut **cauliflower florets** into 1" pieces.
- Peel and mince **shallot**.
- Halve **butter**.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

### Roast the Cauliflower

- Place **cauliflower** on prepared baking sheet and toss with 1 Tbsp. **olive oil** and a pinch of **salt**. Massage oil into cauliflower.
- Spread into a single layer and roast in hot oven until tender, 16-20 minutes.
- While cauliflower roasts, cook chicken.



3

### Cook the Chicken

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **chicken breasts** to hot pan. Cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove chicken to a plate and tent with foil.
- Reserve pan; no need to wipe clean.



4

### Make the Sauce

- Return pan used to cook chicken to medium heat and add 1 tsp. **olive oil**. Add **shallot** to hot pan and stir constantly until soft, 30-60 seconds.
- Add **sherry** and cook undisturbed until almost evaporated, 15-30 seconds.
- Stir in **demi-glace** and remove from burner. Swirl in half the **butter** (reserve remaining for cauliflower).



5

### Brown Butter and Finish Dish

- Place a small pan over medium heat. Add remaining **butter** and stir occasionally until butter smells "nutty," turns golden, and brown flecks appear, 2-3 minutes.
- Stir in **panko** and **everything bagel seasoning** until combined. Toast undisturbed, 15 seconds.
- Remove from burner. Transfer brown-butter panko mixture to mixing bowl and add roasted **cauliflower**. Toss to coat.
- Plate dish as pictured on front of card, spooning **sauce** over **chicken**. Bon appétit!