



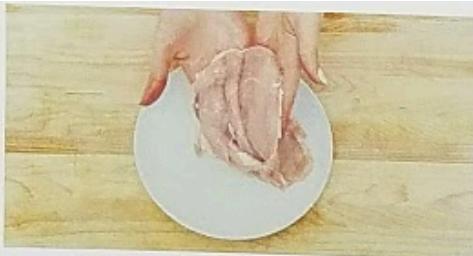
Fontina and Basil Chicken with Spinach, Artichokes, and Tomatoes

plated

Prep Time: 10-20 minutes Calories Per Serving: 450
Cook Time: 25-35 minutes Serves: 2 people

Fontina, an Italian cow's milk cheese, has a nutty flavor and a semi-firm texture. It's perfect for smooth, creamy melting-- especially, in this case, when sandwiched with basil into chicken. This dish also features seasonal baby artichokes, pan-seared Roman-style, for crisp, browned leaves.

USDA recommends cooking chicken to 165° F.



1. Prepare Chicken

Rinse **chicken** and pat dry with paper towel. Slice horizontally going almost, but not all the way through, creating a pocket. Mince **garlic**. In a large resealable plastic bag or shallow bowl, combine **garlic**, **white wine**, **white wine vinegar**, **spice mix**, and **1 tablespoon olive oil**. Add chicken and shake to coat. Marinate in refrigerator for about 10 minutes.



2. Prepare Vegetables

While chicken marinates, rinse all produce. Pick **basil** leaves, discarding stems. Halve **tomatoes**. Cut off top third of **artichokes'** leafy sections and discard. Remove and discard 3 layers of tough outer leaves until you reach more tender, lighter green leaves. Using a vegetable peeler, peel stems. Quarter artichokes lengthwise. Scoop out fuzzy chokes from centers and discard.



3. Stuff Chicken

Remove **chicken** from marinade, allowing excess to drip off. Season on both sides with **salt** and **pepper**. Open pocket and layer in **fontina** and **1/2 of basil**, dividing evenly. Close chicken over filling.



4. Cook Chicken

Heat **1 tablespoon olive oil** in a medium pan over medium heat. When oil is shimmering, add **chicken** and cook until browned on bottom, about 6 minutes. Carefully flip, cover pan, and cook until chicken is cooked through, about 6 minutes more. Carefully flip once more and continue cooking, uncovered, until second side is golden, 2-3 minutes. Remove from pan and cover with foil to keep warm.



5. Cook Vegetables

Wipe pan from chicken clean and add **2 tablespoons olive oil** over medium-high heat. When oil is shimmering, add **artichokes** in a single layer and cook without moving until browned, 3-4 minutes. Stir and cook until tender, 3-4 minutes more. Add **spinach** and stir to wilt, about 1 minute. Remove pan from heat and stir in **tomatoes** and **remaining basil**.

Q- RECIPE TIPS

Be sure to read through the entire recipe before you begin cooking. Trust us-- you'll be glad you did!

Rinse chicken and pat dry with paper towel. A slight odor is a natural reaction to vacuum packing.

Be sure to cut off the full top third of the artichoke, and to strip away enough leaves to get to the tender ones; the tough stuff isn't ideal for eating.

◊- INGREDIENTS

- 2 boneless skinless chicken breasts
- 1 clove garlic
- 2 tablespoons white wine
- 2 tablespoons white wine vinegar
- 1 spice mix
- 1 teaspoon dried rosemary
- 1 teaspoon dried oregano
- 2 sprigs basil, divided
- 1 cup cherry tomatoes
- 4 baby artichokes
- ½ cup shredded fontina cheese
- 2½ ounces baby spinach

¶- YOU'LL NEED

- large resealable plastic bag or shallow bowl
- medium pan with lid
- aluminum foil
- 4 tablespoons olive oil
- black pepper
- kosher salt

Questions or comments? Please email help@plated.com or call 855-525-2399