



## Lemon Chicken Scaloppini Skillet Dinner

Prep Time: 15 min  
Cook Time : 40 min  
Serves: 4

**NUTRITION FACTS, PER SERVING:**  
342 Calories  
8.6 g. total fat  
642 mg of sodium



### INGREDIENTS: **\*\* Items not included in kit**

- 1.5 cups basmati rice
- 1 tablespoon olive oil, divided\*\*
- 4 (6-ounce) skinless, boneless chicken breast halves, pounded to 3/4-inch thickness
- 3/4 teaspoon kosher salt, divided\*\*
- 1/2 teaspoon freshly ground black pepper, divided\*\*
- 2 thyme sprigs
- 4 ounces mushrooms, quartered
- 1 tablespoon chopped fresh thyme
- 1/4 cup whole milk\*\*
- 5 teaspoons all-purpose flour\*\*
- 1 3/4 cups chicken stock or chicken broth
- 1 lemon very thinly sliced
- 8-ounce trimmed green beans (wash and trim)
- 2 Tbsp chopped parsley

### DIRECTIONS:

1. Bring 2 1/2 cups of water, 1/2 tsp of salt and 1 tsp of canola oil to boil in a medium saucepan. Add the rice, bring to a gentle boil, reduce heat to low, cover and cook for 18 to 20 minutes.
2. Heat a large nonstick skillet over medium-high heat. Add **1 teaspoon oil** to pan. Sprinkle **chicken** with **1 /4 teaspoon salt and 1/4 teaspoon pepper**. Add **chicken** and **thyme sprigs** to pan; cook 6 minutes per side until chicken is browned and done. Remove **chicken** from pan. Set aside and cover with foil to keep warm.
3. Add remaining **2 teaspoons oil**. Add **mushrooms** and **1 tablespoon chopped thyme**; cook 3 minutes or until browned, stirring once. Combine **milk** and **flour** in a small bowl, stirring with a whisk. Add remaining **pepper, flour mixture, stock/broth, lemon slices, and trimmed green beans to pan**; simmer 1 minute or until slightly thickened. Add **chicken**; cover, reduce heat, and simmer 3 minutes or until beans are crisp-tender. Remove lemon slices, sprinkle with chopped fresh parsley and serve over rice.

*Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.*

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## Baked Cajun Cod with Cabbage and Potatoes

Prep Time: 15 min.

Cook Time : 45 min.

Serves: 4

### NUTRITION FACTS, PER SERVING:

470 calories

2.5 g of fat

130 mg of sodium



### INGREDIENTS: \*\* Items

- 4 cod fillets
- 1/2 lb. red cabbage shredded
- 1 apple
- 1 naval orange
- 2 garlic cloves
- 2 large Russet potatoes
- 4 green onions
- 2 lemons
- 3 tsp spices (paprika, ground mustard, onion powder, garlic powder, dried oregano, dried thyme, cayenne pepper)

### DIRECTIONS:

1. Place an oven rack in the center of oven and preheat to 450 degrees. Wash and dry the fresh produce. Cut the **Russet potatoes** crosswise into 1/4 inch thick rounds. Zest half of one **lemon** (about 2 tsp), avoiding the white pith and set aside. Trim the ends of one lemon and thinly slice it into rounds.
2. Cut off and discard the root ends of the **green onions**, thinly slice, separating the white bottoms and the green tops. Half the **orange** and squeeze the juice into a bowl, straining out any seeds. Grate the **apple** on the large side of a box grater. Peel and finely chop the **garlic**, using the flat side of your knife, smash until it resembles a paste (or use a zester).
3. Line a sheet pan with aluminum foil. Spray the foil with nonstick spray. Place the **sliced potatoes** on the sheet pan. Drizzle with **olive oil** and season with **salt and pepper**. Toss and arrange in an even layer. Pat the **fish** dry with paper towels; season lightly with the spice blend. On a piece of foil place two slices of lemon and top with the seasoned fish and a drizzle of olive oil. Fold the foil making a pocket. Repeat with the other cod fillets. Place the sheet with potatoes and the sheet with foil pockets in the oven and bake 20 to 22 minutes, or until potatoes are tender when pierced with a fork and the fish is cooked through. Remove from oven and transfer baked potatoes to a large bowl.
4. While potatoes and fish cook, in a small pot heat 2 tsp of **olive oil** on medium high. Add the **sliced cabbage and white bottoms of the scallions**; season with **salt and pepper**, Cook stirring frequently, 2 to 3 minutes or until slightly softened. Reduce heat to medium, stir in **orange juice, grated apple** and **1/4 cup of water**. Cover and cook for 10 to 12 minutes, or until cabbage has softened and most of the liquid has cooked off. Turn off the heat.
5. To the bowl of **baked potatoes**, add 2 tsp of **lemon zest**, the **juice of half a lemon**, a drizzle of **olive oil**, and as much of the **garlic paste** as you'd like, gently stir to coat. Serve the baked fish discarding the lemon slices with the potatoes and the braised cabbage. Garnish with the **green tops of the onions**.

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