

ALMOND BUTTER CHICKEN WITH OVEN ROASTED BROCCOLI



Place pouch in the refrigerator to thaw for dinner this week.

Medium: Serves 2 to 3. Time to Table: 20–25 minutes.

BROCCOLI

1. Preheat oven to 425 °F.
2. Place broccoli on sprayed, foil lined baking pan.
3. Roast broccoli for 5-8 min., remove from oven, shake the pan to toss, cook 7-9 more min. until brown and crisp.

CHICKEN

1. In large frying pan over medium low heat toast almonds approx. 5 min. remove from pan and set aside.
2. In same pan heat 1 Tbsp. oil and increase heat to med-high.
3. Pat chicken dry, place in flour bag and toss to coat.
4. Brown chicken breasts 5-6 min. per side (internal temp. 165°F).
5. Remove chicken from pan, cover to keep warm.
6. Add wine to pan and stir, scraping any brown bits from the bottom of pan. Simmer until wine thickens slightly, approx. 2 min.
7. Remove pan from heat and add butter and green onions, stirring until butter melts and sauce thickens. Drizzle over chicken and top with toasted almonds.



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Nutrition Facts	
Serving Size 1 breast & sauce with 5-6 broccoli florets (312g)	
Servings Per Container 3	
Amount Per Serving	
Calories 330	Calories from Fat 160
	% Daily Value*
Total Fat 19g	29%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 690mg	29%
Total Carbohydrate 16g	5%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 27g	
Vitamin A 20%	• Vitamin C 100%
Calcium 6%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS

Chicken: Chicken Breast (Boneless, skinless chicken breast filets with rib meat Containing: Up to 15% of a solution of water and sea salt), White Cooking Wine (Wine, Salt, Contains 1% or less of each of the following: Malic Acid, Potassium Metabisulfite [preservative]), Unsalted Butter, Almonds, Green Onion, All Purpose Enriched Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Kosher Salt, Black Pepper.

Oven Roasted Broccoli: Broccoli, Extra Virgin Olive Oil, Chopped Garlic (Garlic, Water, Contains Less Than 1% Phosphoric Acid and Sodium Benzoate), Kosher Salt, Dehydrated Garlic, Black Pepper, Herbes de Provence (Rosemary, Marjoram, Thyme, Sage, Anise Seed, Savory, Lavender).

Contains: Milk, Tree Nuts (Almonds), Wheat

PERISHABLE: For food safety and quality follow these instructions carefully: Keep refrigerated or frozen. Cook thoroughly. Check product temperature. Internal temperature must reach at least 165°F as measured by a food thermometer taken in several spots. Promptly refrigerate any leftovers. Our Table disclaims all liability in the event food safety instructions are not followed or the meal is not prepared in accordance with the enclosed cooking instructions.

Nutritional information is per serving unless otherwise stated and are based on standard formulations: variations may occur due to manufacture/supplier alterations and individual assembly and preparation.

NET WT 33 OZ (2 LB 1 OZ) 936g