



# Carb Smart Chicken Florentine

with Lemon Roasted Zucchini

Carb Smart 45 Minutes



Chicken Breasts



Thyme



Baby Spinach



Garlic



Onion, chopped



Cream Cheese



Chicken Broth Concentrate



Zucchini



Lemon

HELLO THYME

*This woody herb packs a fragrant and savoury punch!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Baking sheet, microplane/zester, measuring spoons, parchment paper, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Thyme	7 g	7 g
Baby Spinach	113 g	227 g
Garlic	6 g	12 g
Onion, chopped	56 g	113 g
Cream Cheese	43 g	86 g
Chicken Broth Concentrate	1	2
Zucchini	400 g	800 g
Lemon	1	2
Unsalted Butter*		
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

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## Prep

Strip **thyme leaves** from stems, then finely chop. Zest, then juice **lemon**. Peel, then mince or grate **garlic**. Cut **zucchini** into ¼-inch rounds.



## Start cream sauce

Reheat the same pan over medium-high. When hot, add **1 tbsp butter** (dbl for 4 ppl), then **thyme, garlic** and **onions**. Cook, stirring often, until **onions** soften, 1-2 min.



## Roast zucchini

Add **zucchini, lemon zest, half the lemon juice** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Roast in the **middle** of the oven, until tender-crisp, 12-14 min.



## Finish cream sauce

Add **cream cheese, remaining lemon juice, broth concentrate** and **½ cup water** (dbl for 4 ppl). Season with **salt** and **pepper**. Bring to a boil. Once boiling, reduce heat to medium and gently simmer, until **sauce** thickens slightly, 4-5 min. Add **spinach** to **sauce**. Stir until slightly wilted, 30 sec.



## Cook chicken

While **zucchini** roasts, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chicken**. Cook on one side, until golden, 4-5 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.\*\* Transfer **chicken** to a plate and cover to keep warm.



## Finish and serve

Thinly slice **chicken**. Divide **zucchini** and **spinach** between plates. Top **spinach** with **chicken**. Drizzle **cream sauce** over top.

## Dinner Solved!