



AUG
2016

Chicken Marsala

with Skillet Zucchini and Mushroom Pan-Sauce

We've taken this Italian classic and made it a zillion times easier. The whole family will love the combination of creamy mushroom sauce, tender chicken, and seasonal squash. And although there's no wine to be found, all the flavors are there — we promise!



Prep: 15 min
Total: 40 min



level 1



nut
free



Chicken
Breast



Basmati
Rice



Zucchini



Chicken Stock
Concentrates



Garlic



Parsley



Flour



Sour
Cream



Shallots



Button
Mushrooms

Ingredients

		4 People
Chicken Breasts		24 oz
Basmati Rice		1 Cup
Button Mushrooms		8 oz
Zucchinis		2
Chicken Stock Concentrates		2
Garlic		4 Cloves
Shallots		2
Parsley		½ oz
Flour	1)	1 Cup
Sour Cream	2)	4 T
Butter*	2)	4 T
Oil*		4 t

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Medium pot, 2 Large pans, Plastic wrap, Foil, Whisk

Nutrition per person Calories: 699 cal | Fat: 23 g | Sat. Fat: 10 g | Protein: 52 g | Carbs: 73 g | Sugar: 7 g | Sodium: 369 mg | Fiber: 4 g

Ruler

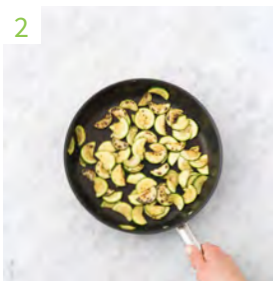
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1



1 Prep: Wash and dry all produce. Bring **2 cups water** and a large pinch of **salt** to a boil in a medium pot. Once boiling, add the **rice**. Cover and reduce to a low simmer for 20 minutes, until tender. Halve the **zucchinis** lengthwise, then thinly slice into half-moons. Thinly slice the **mushrooms**. Mince the **garlic**. Finely chop the **parsley**. Halve, peel, and mince the **shallots**.

2



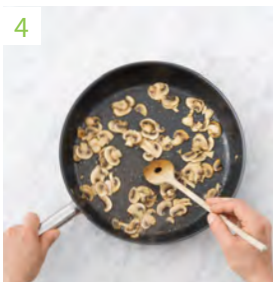
2 Cook the zucchini: In a large pan, heat a large drizzle of **oil** over high heat. Add the **zucchini**. Cook, tossing, for 7-10 minutes, until golden brown. Season with **salt** and **pepper**. Remove pan from heat.

3



3 Butterfly and cook the chicken: Place your hand on top of the **chicken breast**. Slice into the middle of the meat (parallel to the cutting board). Open up like a book, then cover with a piece of plastic wrap. Pound with a heavy pan or mallet until ½-inch thick. Repeat with the other chicken breasts. Season the **chicken** with **salt** and **pepper**. Set aside **¼ cup flour**. Coat the **chicken** on all sides with the remaining **flour**, shaking off any excess. Heat a large drizzle of **oil** in another large pan over medium-high heat. Working in batches, if necessary, sear the chicken 2-3 minutes per side, until golden brown and cooked through. Remove from pan and set aside to rest, tented loosely with foil.

4



4 Start the Marsala sauce: Heat **2 Tablespoons butter** in the same pan over medium-high heat. Add the **mushrooms**. Cook, tossing, for 4-5 minutes, until softened. Add the **shallots, garlic, and 2 additional Tablespoons butter** to the pan. Cook 1-2 minutes, until fragrant.

5 Finish the Marsala sauce: Add the reserved **¼ cup flour** to the pan. Cook, stirring, for 1 minute. Whisk the **stock concentrates** and **1 cup water** into the pan until the sauce thickens. Reduce heat to low, and stir in the **sour cream** and **half the parsley**. Season with **salt** and **pepper**.

6 Plate: Reheat the **zucchini** if necessary. Serve the **chicken cutlets** on a bed of **basmati rice** alongside the zucchini. Spoon the **Marsala sauce** over the plate, garnish with the remaining **parsley**, and enjoy!