

Ingredients



1 tbsp (15 mL), plus 1 tsp (5 mL) vegetable
oil, divided
4 boneless, skinless chicken breasts (8
oz./250 g each)
1 tsp (5 mL) smoked paprika
½ tsp plus ¼ tsp (3 mL) salt, divided
1 shallot
2 garlic cloves, peeled
½ cup (125 mL) chicken broth
8 oz. (250 g) reduced-fat cream cheese
(Neufchâtel), softened
8 oz. (250 g) asparagus, trimmed and cut
into 1" (2.5-cm) pieces
½ lemon, sliced
Optional: Rice for serving

Creamy Chicken & Asparagus

MOM
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HUNGRY
BOYS

Instruction

- Heat 1 tbsp (15 mL) of the oil in the Rockcrok® Everyday Pan over medium heat for 5 minutes.
- Season the chicken with the paprika and ½ tsp (2 mL) of the salt.
- Cook the chicken until lightly browned, 2–3 minutes per side; set aside (the chicken will not be fully cooked).
- Meanwhile, finely chop the shallot and garlic in the Manual Food Processor. Add the shallot, garlic, and remaining oil to the pan and cook until the shallot and garlic are translucent, 1–2 minutes.
- Add the broth, cream cheese, and remaining salt. Cook for 2 minutes, stirring continuously to melt the cheese; remove from the heat.
- Nestle the chicken into the sauce. Top with the asparagus and lemon slices.
- Microwave, covered, until the chicken reaches 165°F (74°C), 8–10 minutes. Stir the sauce to combine the mixture before serving. Serve over rice, if you'd like.

