



### In your box

- 1 oz. Butter
- ½ tsp. Garlic Salt
- .14 oz. Lemon Juice
- 1 oz. Caramelized Onion Jam
- ½ oz. Crispy Fried Onions
- 8 oz. Coin Cut Carrots
- ¼ oz. Dijon Mustard
- ¾ oz. Swiss Cheese Slices
- 3 oz. Peas

### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 14 oz. Pork Tenderloin

\*Contains: milk, wheat

### You will need

- Olive Oil, Salt, Pepper
- Large Non-Stick Pan, Medium Non-Stick Pan



Ready in 15

## French Onion Chicken

with carrots and peas

NUTRITION per serving—Calories: 582, Carbohydrates: 24g, Fat: 33g, Protein: 43g, Sodium: 1713mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

15 min.

Cook Within

4 days

Difficulty Level

Easy

Spice Level

Not Spicy

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry

### Customize It Instructions

- If using **pork tenderloin**, pat dry and, on a separate cutting board, slice into medallions,  $\frac{3}{4}$ "-thick. Season all over with  $\frac{1}{4}$  tsp. **salt** and a pinch of **pepper**. Follow same instructions as chicken in Step 3, cooking until medallions reach a minimum internal temperature, 3-5 minutes per side.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



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### Start the Chicken

- Pat **chicken** dry, and season both sides with  $\frac{1}{4}$  tsp. **salt** and a pinch of **pepper**.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add chicken breasts to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- While chicken cooks, cook vegetables.



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### Cook the Vegetables

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **carrots** and 2 Tbsp. **water** to hot pan. Cover, and stir occasionally until carrots soften, 5-7 minutes.
- Add **peas** and **garlic salt**. Stir occasionally until peas are heated through, 3-4 minutes.
- Stir in **butter**, **Dijon**, and **lemon juice** until butter is melted. Remove from burner.



3

### Finish the Chicken

- Halve **cheese** on an angle into triangles.
- Once **chicken** is fully cooked, top with **caramelized onion jam**, **crispy onions**, and cheese triangle. Cover, and cook until cheese is melted, 1-2 minutes.
- Remove from burner.



4

### Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!