



In your box

- 4 Butter Crackers
- 1 oz. Sour Cream
- 2 Zucchini
- 1 oz. Shredded Parmesan Cheese
- 4 oz. Grape Tomatoes
- 1 oz. Caramelized Onion Jam
- 2 Garlic Cloves
- 6 Chive Sprigs
- 1 tsp. Garlic Pepper

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 12 oz. Sirloin Steaks
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets

*Contains: milk, wheat, soy

You will need

- Olive Oil, Salt, Pepper
- 2 Medium Non-Stick Pans,
- 2 Mixing Bowls

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

15 Minute Meal Kit



French Onion Dip Chicken

with Parmesan zucchini and tomatoes

NUTRITION per serving—Calories: 493, Carbohydrates: 22g, Sugar: 11g, Fiber: 3g, Protein: 46g, Sodium: 1687mg, Fat: 24g, Saturated Fat: 7g
 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

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry

Customize It Instructions

- If using **salmon fillets**, pat dry and season flesh side with **garlic pepper**. Follow same instructions as chicken in Step 1, cooking salmon, skin side up at first, until it reaches minimum internal temperature, 4-6 minutes per side.
- If using **sirloin steaks**, follow same instructions as chicken in Step 1, cooking until steak reaches minimum internal temperature, 5-7 minutes per side.
- If using **NY strip steak**, follow same instructions as chicken in Step 1, cooking until steak reaches minimum internal temperature, 9-11 minutes per side. Halve to serve.



1. Cook the Chicken

- Pat **chicken** dry, and cover one side entirely with **garlic pepper**.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add chicken to hot pan, seasoned side down. Cover, and cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove from burner. Rest chicken, 3 minutes.
- While chicken cooks, prepare ingredients.



2. Prepare the Ingredients

- Mince **chives**.
- Halve **tomatoes**.
- Trim **zucchini** ends, halve lengthwise, and cut into ½" half-moons.
- Mince **garlic**.
- Finely crush **crackers**. Combine crackers and **Parmesan** in a mixing bowl. Set aside.



3. Cook the Vegetables

- Place another medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **zucchini**, **tomato**, and **garlic** to hot pan. Stir often until combined and beginning to soften, 1-2 minutes.
- Add ½ tsp. **salt** and a pinch of **pepper**. Stir occasionally until zucchini is tender and vibrant green, 4-6 minutes.
- Remove from burner.
- While vegetables cook, make sauce.



4. Make Sauce and Finish Dish

- In another mixing bowl, combine **chives**, **sour cream**, **caramelized onion jam**, 1 tsp. **water**, and a pinch of **salt** and **pepper**.
- Plate dish as pictured on front of card, topping **chicken** with sauce and **vegetables** with **Parmesan** and cracker mixture. Bon appétit!