



### In your box

- ½ oz. Sliced Almonds
- ½ tsp. Garlic Salt
- 2 oz. Shredded Mozzarella
- 8 oz. Coin Cut Carrots
- 4 oz. Shredded Brussels Sprouts
- 2 Tbsp. Fig Spread
- ¼ oz. Dijon Mustard

### Customize It Options

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

\*Contains: milk, tree nuts (almonds)

### You will need

- Olive Oil, Salt, Pepper
- Mixing Bowl

### Minimum Internal Protein Temperature

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

Oven-Ready



## Fig Mostarda Chicken

with carrots, Brussels sprouts, and almonds

NUTRITION per serving—Calories: 528, Carbohydrates: 35g, Sugar: 17g, Fiber: 7g, Protein: 49g, Sodium: 1517mg, Fat: 21g, 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

**35-45 min.**

Cook Within

**5 days**

Difficulty Level

**Easy**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.



### 1. Prepare the Ingredients

- Preheat oven to 425 degrees. Thoroughly rinse any fresh produce and pat dry.
- Combine **Brussels sprouts**, **carrots**, 2 tsp. **olive oil**, and **garlic salt** in provided tray. Spread into an even layer.
- Bake uncovered in hot oven, 10 minutes.



### 2. Add the Chicken and Sauce

- Carefully remove from oven. Push **vegetables** to one side of tray. Tray will be hot! Use a utensil.
- Pat **chicken** dry, and season both sides with a pinch of **salt** and **pepper**. Add chicken to empty side of tray and top evenly with **cheese** and 1 tsp. **olive oil**.
- Bake uncovered in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 20-25 minutes.

### Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Step 2, baking until pork reaches minimum internal temperature, 20-25 minutes.



### 3. Finish the Dish

- Carefully remove from oven. Let rest, 5 minutes.
- While meal rests, combine **fig spread** and **Dijon mustard** in a mixing bowl. Top **chicken** with fig-mustard sauce, and garnish **vegetables** with **almonds**. Bon appétit!