



In your box

- .7 oz. Sour Cherry Jam
- 1 oz. Goat Cheese
- 12 oz. Broccoli Florets
- .3 oz. Butter
- 2 tsp. Chicken Demi-Glace Concentrate
- ½ oz. Crispy Fried Onions
- 2 Tbsp. Panko Breadcrumbs

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Ranch Steaks
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Filets Mignon

*Contains: milk, wheat

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Medium Non-Stick Pan, Baking Sheet

Minimum Internal Protein Temperature

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

Classic Meal Kit



Chicken Breast and Cherry Demi

with goat cheese broccoli

NUTRITION per serving—Calories: 505, Carbohydrates: 27g, Sugar: 10g, Fiber: 4g, 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
40-50 min.

Cook Within
5 days

Difficulty Level
Intermediate

Spice Level
Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray



1. Roast the Broccoli

- Cut **broccoli** into bite-sized pieces.
- Place broccoli on prepared baking sheet and toss with 2 tsp. **olive oil**, ½ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer. Roast in hot oven until browned and fork-tender, 16-18 minutes.
- While broccoli roasts, prepare chicken.



2. Prepare the Chicken

- Pat **chicken** dry, and season both sides with a pinch of **salt** and **pepper**. Drizzle with 1 tsp. **olive oil**.
- Coat one side with **panko**, pressing gently to adhere. Place breaded chicken on a plate.

Customize It Instructions

- If using **ranch steaks**, follow same instructions as chicken in Step 3, cooking until steak reaches minimum internal temperature, 5-7 minutes per side. Rest steaks, 3 minutes.
- If using **filet mignon**, follow same instructions as chicken in Step 3, cooking until filets reach minimum internal temperature, 5-8 minutes per side. Rest filets, 3 minutes.



3. Cook the Chicken

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add chicken breasts to hot pan, **panko** side down, and cook until crispy and golden brown, 5-7 minutes.
- Flip, and cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Remove chicken to a plate and tent with foil. Reserve pan; no need to wipe clean.



4. Make the Cherry Demi

- Return pan used to cook chicken to medium heat. Add **demi-glace**, **cherry jam**, and 2 Tbsp. **water** to hot pan. Stir to combine, then bring to a simmer.
- Once simmering, cook until slightly thickened, 1-2 minutes.
- Remove from burner. Stir in **butter** and a pinch of **salt**.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **cherry demi** and garnishing **broccoli** with **crispy onions** and **goat cheese** (crumbling with your hands if needed). Bon appétit!