



In your box

- 4 oz. Shredded Brussels Sprouts
- 8 oz. Precooked Seasoned Potatoes
- .6 oz. Butter
- 1 Tbsp. Fig Spread
- .42 oz. Mayonnaise
- ½ oz. Blue Cheese Crumbles

Customize It Options

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

*Contains: milk, eggs

You will need

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

Minimum Internal Protein Temperature

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

15 Minute Meal Kit



Fig and Blue Cheese Chicken

with potatoes and Brussels sprouts

NUTRITION per serving—Calories: 643, Carbohydrates: 32g, Sugar: 8g, Fiber: 3g, Protein: 43g, Sodium: 1609mg, Fat: 36g, Saturated Fat: 9g
 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

5 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



1. Cook the Chicken

- Pat **chicken breasts** dry, and season both sides with a pinch of **pepper**.
- Place a medium non-stick pan over medium heat and add 1 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.
- Transfer chicken to a plate and tent with foil.
- While chicken cooks, cook vegetables.



2. Cook the Vegetables

- Halve **potatoes** lengthwise .
- Place another medium non-stick pan over medium heat. Add 2 tsp. **olive oil**, potatoes, **Brussels sprouts**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until potatoes are heated through and Brussels sprouts are tender, 8-10 minutes.
- Remove from burner and stir in **butter**.
- While vegetables cook, make fig sauce.

Customize It Instructions

- 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 **filet mignon**, follow same instructions as chicken in Step 1, cooking until filets reach minimum internal temperature, 5-8 minutes per side.



3. Make the Fig Sauce

- Add **fig spread**, **mayonnaise**, ½ tsp. **water**, and a pinch of **salt** and **pepper** to a mixing bowl and thoroughly combine.



4. Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **fig sauce** and **blue cheese** (to taste). Bon appétit!