



### In your box

- 16 oz. Carrot
- 4 Butter Crackers
- 2 tsp. Chicken Demi-Glace Concentrate
- 1 oz. White Cooking Wine
- ¼ oz. Parsley
- 1 oz. Butter
- ½ fl. oz. Honey
- ½ oz. Roasted Pecans
- .42 oz. Mayonnaise

### Customize It Options

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

\*Contains: milk, eggs, wheat, soy, tree nuts (pecans)

### You will need

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

### Minimum Internal Protein Temperature

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

## Classic Meal Kit



# Butter Cracker-Crusted Chicken

with honey butter carrots and pecans

NUTRITION per serving—Calories: 577, Carbohydrates: 34g, Sugar: 17g, Fiber: 6g, Protein: 41g, Sodium: 1520mg, Fat: 29g, Saturated Fat: 10g  
 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

**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
- Ingredient(s) used more than once: **butter, parsley**



### 1. Prepare the Ingredients

- Peel, trim, and cut **carrot** into ¼" rounds.
- Stem and coarsely chop **parsley**. *If desired, reserve a few leaves whole for garnish.*
- Gently crush **crackers**.
- Pat **chicken** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



### 2. Cook the Carrot

- Place a medium pot over medium-high heat. Add **carrot, honey, white wine, ½ cup water**, half the **butter** (reserve remaining for sauce), ¼ tsp. **salt**, and a pinch of **pepper** to hot pot. Bring to a simmer.
- Once simmering, stir occasionally until liquid is almost completely evaporated, 8-10 minutes.
- Remove from burner. Set aside to cool slightly, 5 minutes.
- Once cooled, stir in **chopped parsley** (reserve whole leaves for garnish) and **pecans**.
- While carrots cook, cook chicken.

## Customize It Instructions

- If using **NY strip steak**, follow same instructions as chicken in Steps 1 and 3, searing until browned, 2-3 minutes per side, then adding **topping**, and roasting until steak reaches minimum internal temperature, 9-11 minutes. Rest, 3 minutes. Halve to serve.



### 3. Cook the Chicken

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **chicken** to hot pan and sear until browned, 3-4 minutes per side.
- Transfer chicken to prepared baking sheet. Reserve pan; no need to wipe clean.
- Spread **mayonnaise** evenly on chicken, then top with **crushed crackers**, pressing gently to adhere.
- Roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 7-9 minutes.
- While chicken roasts, make sauce.



### 4. Make the Sauce

- Return pan used to cook chicken to medium heat and add 2 Tbsp. **water** and **demi-glace**. Bring to a simmer, stirring occasionally.
- Once simmering, remove from burner. Swirl in remaining **butter**.



### 5. Finish the Dish

- Plate dish as pictured on front of card, placing **chicken** on **sauce**. Garnish **carrot** with **whole parsley leaves**, if desired. Bon appétit!