



### In your box

- 1 oz. Pecans
- 2 Garlic Cloves
- 1 oz. Sour Cream
- ½ fl. oz. Honey
- 1 Sage Sprig
- 2 tsp. Sugar
- 12 oz. Brussels Sprouts
- 2 tsp. Chicken Demi-Glace Concentrate

### Customize It Options

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

\*Contains: milk, tree nuts (pecans)

### You will need

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

### Minimum Internal Protein Temperature

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

## Classic Meal Kit



# Chicken Breast with Pecans and Sage Crema and sweet Brussels sprouts

NUTRITION per serving—Calories: 530, Carbohydrates: 29g, Sugar: 15g, Fiber: 6g, Protein: 45g, Sodium: 1256mg, Fat: 26g, Saturated Fat: 5g  
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

## Customize It Instructions

- If using **sirloin steaks**, follow same instructions as chicken in Step 1. In Step 2, roast Brussels, 12 minutes. Follow same instructions as chicken in Step 3 and 4, roasting until steak reaches minimum internal temperature, 7-9 minutes. Rest cooked steaks, 3 minutes.
- If using **NY strip steak**, follow same instructions as chicken in Steps 1, 3, and 4, roasting until steak reaches minimum internal temperature, 9-11 minutes. Rest cooked steaks, 3 minutes. Halve to serve.
- If using **ribeye**, follow same instructions as chicken in Step 1. In Steps 3 and 4, follow same instructions as chicken, searing on one side, 3-4 minutes, transferring to baking sheet, and roasting until ribeye reaches minimum internal temperature, 10-12 minutes. Halve to serve.



### 1. Prepare the Ingredients

- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Coarsely chop **pecans**.
- Stem and mince **sage**.
- Mince **garlic**.
- In a mixing bowl, combine **honey**, **sugar**, and 1 tsp. **hot water** until sugar dissolves. Set aside.
- Pat **chicken** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



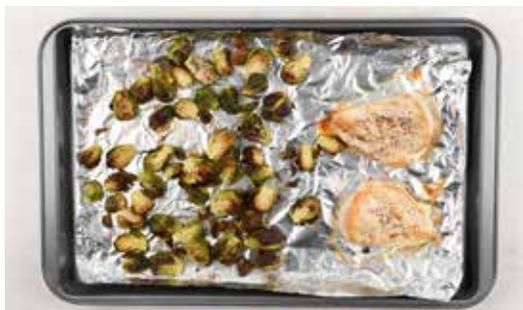
### 2. Start the Brussels Sprouts

- Place **Brussels sprouts** on prepared baking sheet and toss with 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into Brussels sprouts.
- Spread into a single layer on one half of baking sheet. Roast in hot oven, 8 minutes.
- Remove from oven. *Brussels sprouts will finish cooking in a later step.*
- While Brussels sprouts roast, start chicken.



### 3. Start the Chicken

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **chicken** to hot pan and cook until browned, 2-3 minutes per side.
- Transfer chicken to empty half of prepared baking sheet. Reserve pan; no need to wipe clean.



### 4. Finish the Brussels Sprouts and Chicken

- Roast **Brussels sprouts** and **chicken** in hot oven until Brussels sprouts are tender and chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- Rest roasted chicken, 3 minutes.
- While chicken rests, make sauce.



### 5. Make Crema and Finish Dish

- Return pan used to cook chicken to medium heat and add 1 tsp. **olive oil**. Add **garlic** to hot pan and stir constantly until aromatic, 30-60 seconds.
- Stir in ¼ cup **water** and **demi-glace** until combined. Bring to a simmer. Once simmering, stir occasionally until sauce thickens, 2-3 minutes.
- Remove from burner and stir in **sour cream** and **sage** until combined.
- Stir **honey mixture** to recombine.
- Plate dish as pictured on front of card, drizzling honey mixture over **Brussels sprouts** and topping **chicken** with crema and **pecans**. Bon appétit!