



In your box

- 2 tsp. BBQ Spice Rub
- 8 oz. Parsnip
- 8 oz. Carrot
- 4 oz. Light Cream
- .3 oz. Butter
- 1 oz. Grated Parmesan
- 2 Green Onions

Customize It Options

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

*Contains: milk

You will need

Olive Oil, Salt, Pepper, Cooking Spray
 Baking Sheet,
 Medium Non-Stick Pan,
 Large 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 in Scallion Cream

with BBQ root vegetables

NUTRITION per serving—Calories: 592, Carbohydrates: 35g, Sugar: 15g, Fiber: 8g, Protein: 45g, Sodium: 1532mg, Fat: 31g, Saturated Fat: 14g
 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

25-35 min.

Cook Within

5 days

Difficulty Level

Intermediate

Spice Level

Mild

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: **green onions**



1. Prepare the Ingredients

- Trim and thinly slice **green onions**.
- Peel, trim, and cut **carrot** and **parsnip** on an angle into ¼" slices.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2. Cook the Chicken

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **chicken breasts** to hot pan and cook undisturbed until golden brown, 4-5 minutes.
- Transfer chicken to prepared baking sheet, seared side up. Roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- Wipe pan clean and reserve.
- While chicken roasts, cook vegetables.

Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Steps 1 and 2, searing, 3-4 minutes, then roasting until pork chops reach minimum internal temperature, 10-12 minutes. Rest, 3 minutes.
- If using **sirloin**, follow same instructions as chicken in Steps 1 and 2, searing, 2-3 minutes, then roasting until steaks reach minimum internal temperature, 7-9 minutes. Rest, 3 minutes.



3. Start the Vegetables

- Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **carrot** and **parsnip** to hot pan and stir occasionally until slightly charred, 4-5 minutes.
- Add 2 Tbsp. **water** and a pinch of **salt** and **pepper**. Cover, and reduce heat to medium. Cook until vegetables are tender and water has mostly evaporated, 1-2 minutes.



4. Finish the Vegetables

- Uncover pan, and add **butter** and **seasoning blend**. Stir constantly until vegetables are glazed and evenly coated in seasoning blend, 1-2 minutes.
- Remove from burner.



5. Make Sauce and Finish Dish

- Return pan used to cook chicken to medium heat and add 1 tsp. **olive oil**. Add **green onions** (reserve a pinch for garnish) to hot pan and stir constantly until fragrant, 1-2 minutes.
- Add **cream** and bring to a simmer. Once simmering, stir occasionally until slightly thickened, 2-3 minutes.
- Stir in **Parmesan** and a pinch of **salt** and **pepper**. Remove from burner.
- Plate dish as pictured on front of card, topping **chicken** with sauce and garnishing **vegetables** with reserved green onions. Bon appétit!