



In your box

1 oz. Shredded Cheddar Cheese
2 Tbsp. Fig Spread
2 tsp. Chicken Demi-Glace Concentrate
4 fl. oz. Cream Sauce Base
1 fl. oz. Balsamic Fig Glaze
1 Rosemary
10 oz. Kale
4 oz. Corn Muffin Mix

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. Pork Tenderloin Medallions
13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Muffin Tin, Medium Non-Stick Pan, Mixing Bowl, Large Non-Stick Pan

Minimum Internal Protein Temperature

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

Culinary Collection



Rosemary Fig Glazed Chicken

with cheddar cornbread muffins and creamed kale

NUTRITION per serving—Calories: 832, Carbohydrates: 85g, Sugar: 25g, Fiber: 4g, Protein: 49g, Sodium: 1648mg, Fat: 33g, Saturated Fat: 15g
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
50-60 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 muffin tin with cooking spray

Customize It Instructions

- If using **pork medallions**, follow same instructions as chicken in Steps 1 and 3, cooking until pork reaches minimum internal temperature, 3-5 minutes per side. Rest, 3 minutes.
- If using **NY strip steak**, follow same instructions as chicken in Steps 1 and 3, cooking until steak reaches minimum internal temperature, 9-11 minutes per side. Rest, 3 minutes. Halve to serve.
- If using **ribeye**, follow same instructions as chicken in Steps 1 and 3, cooking until steak reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. Halve to serve.



1. Prepare the Ingredients

- Stem and mince **rosemary**.
- Stem **kale** and coarsely chop.
- Pat **chicken breasts** dry, and season both sides with a pinch of **pepper**.



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 and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove from burner. Remove chicken to a plate and tent with foil. Reserve pan; no need to wipe clean.



4. Make the Creamed Kale

- Place a large non-stick pan over medium-high heat and add 1 tsp. olive oil. Add **cream base** and ¼ cup **water** to hot pan. Bring to a boil.
- Once boiling, add **kale**. Cover, and reduce heat to medium. Stir occasionally until kale wilts and sauce has thickened, 5-6 minutes.
- Season with a pinch of **salt** and **pepper**. Remove from burner.
- While kale cooks, make sauce.



5. Make Sauce and Finish Dish

- Return pan used to cook chicken to medium heat. Add **chicken demi-glace**, 2 Tbsp. **water**, **rosemary**, **fig spread**, and **balsamic fig glaze** to hot pan. Bring to a simmer.
- Once simmering, stir occasionally until thickened, 2-3 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **chicken** with **sauce**. Bon appétit!