



In your box

- ½ fl. oz. Garlic Oil
- 1 oz. Sour Cream
- 8 oz. Cubed Butternut Squash
- ½ cup Seasoned Wild Rice Blend
- ¼ cup Panko Breadcrumbs
- ¼ oz. Flour
- 6 Chive Sprigs
- 1 oz. Shredded Swiss Cheese
- .8 oz. Bacon Bits

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 14 oz. Duroc Boneless Pork Chops
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, wheat, soy

You will need

Olive Oil, Salt, Pepper, Cooking Spray
 Baking Sheet, Medium Pot, 2 Mixing Bowls, Medium Oven-Safe Non-Stick Pan

Minimum Internal Protein Temperature

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

Culinary Collection



Chicken Cordon Bleu and Chive Crema

with wild rice and roasted butternut squash

NUTRITION per serving—Calories: 840, Carbohydrates: 58g, Sugar: 5g, Fiber: 1g, Protein: 53g, Sodium: 1648mg, Fat: 43g, 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	Cook Within	Difficulty Level	Spice Level
50-60 min.	5 days	Easy	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 **425 degrees**
- Prepare a baking sheet with foil and cooking spray



1. Cook the Rice

- Bring a medium pot with **wild rice** and 1 cup **water** to a boil.
- Once boiling, lower to a simmer. Cover, and cook until tender, 20-23 minutes.
- Remove from burner and fluff rice. Cover and set aside.
- While rice cooks, roast butternut squash.



2. Roast Butternut Squash and Make Chive Crema

- Halve any large **butternut squash** pieces to roughly match smaller pieces.
- Place butternut squash on prepared baking sheet and toss with 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into squash.
- Spread into a single layer. Roast in hot oven until tender, 15-20 minutes.
- Drizzle roasted butternut squash with **garlic oil**.
- While squash roast, mince **chives**.
- Combine **sour cream** and chives in a mixing bowl. Set aside.

Customize It Instructions

- If using **pork chops**, pat dry. Cover with plastic wrap and pound with a heavy object to an even ¼" thickness. Remove plastic wrap and season on both sides with a pinch of **salt** and **pepper**. Form **cheese** and **bacon** into two log-shapes and place on center of pork. Gently roll pork up. Set aside, seam-side down. Follow same instructions as chicken in Steps 4 and 5, cooking until pork reaches minimum internal temperature, 5-7 minutes per side.



3. Prepare the Chicken

- Pat **chicken** dry.
- Place chicken on a clean cutting board. Hold knife blade parallel to the board and carefully make a lengthwise cut through the center of meat, using your free hand to steady chicken. Stop short of opposite edge of chicken so meat remains in one piece. Open chicken as you would a book.
- Top chicken evenly with **cheese** and **bacon**. Fold chicken over filling, enclosing completely.



4. Bread the Chicken

- In another mixing bowl, combine **flour** and ¼ cup **water** until a batter the thickness of pancake batter forms.
- Place **panko** on a plate.
- Place a medium oven-safe non-stick pan over medium heat. Add 3 Tbsp. **olive oil** to hot pan. Let heat, 5 minutes.
- While oil heats, gently dip **stuffed chicken** in flour batter, covering completely. Transfer chicken to plate with panko, and cover one side of chicken completely with panko, pressing gently to adhere.



5. Cook Chicken and Finish Dish

- Line a plate with a paper towel.
- Test **oil** temperature by adding a pinch of **flour batter** to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.
- Lay **chicken breasts** away from you in hot oil, panko side down, and cook undisturbed until golden brown, 5-6 minutes.
- Flip chicken, and transfer pan to hot oven. Roast until chicken reaches a minimum internal temperature of 165 degrees, 6-8 minutes.
- Carefully remove pan from oven. Transfer chicken to towel-lined plate. Rest, at least 5 minutes. Halve chicken if desired.
- Plate dish as pictured on front of card, topping **chicken** with **chive crema**. Bon appétit!