



In your box

- 1 fl. oz. Balsamic Fig Glaze
- 8 oz. Carrot
- 1 oz. Garlic & Herb Goat Cheese
- 2 Tbsp. Italian Panko Blend
- .42 oz. Mayonnaise
- 1 Shallot
- 3 oz. Brussels Sprouts
- 1 Rosemary Sprig

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets

You will need

- Olive Oil, Salt, Pepper
- Medium Non-Stick Pan,
- 2 Baking Sheets

Minimum Internal Protein Temperature

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

Classic Meal Kit



Fig-Glazed Rosemary Chicken
with goat cheese Brussels sprouts and carrots

NUTRITION per serving—Calories: 527, Carbohydrates: 31g, Sugar: 16g, Fiber: 5g, Protein: 43g, Sodium: 1269mg, Fat: 23g, 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

45-55 min.

Cook Within

5 days

Difficulty Level

Expert

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 **425 degrees**
- Prepare two baking sheets with foil and cooking spray



1. Prepare the Ingredients

- Stem and mince **rosemary**.
- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Peel, trim, and cut **carrot** on an angle into ¼" slices.
- Peel and mince **shallot**.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.

2. Roast the Vegetables

- Place **carrot, shallot, and Brussels sprouts** on one prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer and roast in hot oven until fork-tender, 15-17 minutes.
- While vegetables roast, cook chicken.

Customize It Instructions

- If using **salmon**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as chicken in Step 3, searing, skin-side up, until browned, 2-4 minutes, then adding topping to flesh side, and roasting until salmon reaches minimum internal temperature, 7-10 minutes.



3. Cook the Chicken

- Heat 1 Tbsp. **olive oil** in a medium non-stick pan over medium heat. Add **chicken** to hot pan. Cook undisturbed until browned, 4-5 minutes on one side.
- Transfer chicken, seared side up, to second prepared baking sheet. Reserve pan; no need to wipe clean.
- Top chicken evenly with **mayonnaise**, then **panko** and 1 tsp. **rosemary**, pressing gently to adhere.
- Roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.

4. Make the Sauce

- Return pan used to sear chicken to medium heat. Add **fig glaze** and 2 Tbsp. **water** to hot pan. Bring to a simmer.
- Once simmering, cook until slightly thickened, 1-2 minutes.
- Remove from burner.

5. Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **sauce** and garnishing **vegetables** with **goat cheese** (crumbling if necessary). Bon appétit!