



**In your box**

- 1 tsp. Gochujang Red Pepper Paste
- 1 ½ fl. oz. Creamy Roasted Sesame Dressing
- 1 tsp. Cornstarch
- ½ oz. Wonton Strips
- 12 oz. Brussels Sprouts
- .84 oz. Mayonnaise

**Customize It Options**

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets
- 10 oz. Ahi Tuna Steaks
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)

**You will need**

Olive Oil, Salt, Pepper

Medium Non-Stick Pan,  
2 Mixing Bowls,  
Large Non-Stick Pan

**Minimum Internal Protein Temperature**

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Classic Meal Kit



# Crunchy Wonton Chicken and Spicy Gochujang Aioli

with sesame Brussels sprouts

NUTRITION per serving—Calories: 590, Carbohydrates: 23g, Sugar: 7g, Fiber: 5g, Protein: 43g, Sodium: 1375mg, Fat: 36g, 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  
**30-40 min.**

Cook Within  
**4 days**

Difficulty Level  
**Easy**

Spice Level  
**Mild**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry

### Customize It Instructions

- If using **ahi tuna**, follow same instructions as chicken in Steps 3 and 4, cooking until tuna reaches minimum internal temperature, 4-5 minutes per side. *Tuna is often enjoyed medium-rare (pink in the middle). For medium-rare, cook 1-2 minutes per side. Consuming raw or undercooked tuna may increase your risk for food-borne illness.*
- If using **salmon**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Add **topping** to flesh side. Follow same instructions as chicken in Step 4, cooking, skin side up first, until golden brown and salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **ribeye**, follow same instructions as chicken in Steps 3 and 4, cooking until steak reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. Halve to serve.



### 1. Prepare the Ingredients

- Finely crush **wonton strips**.
- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- In a mixing bowl, combine **cornstarch** and 1 tsp. **water** until cornstarch dissolves. Set aside.



### 2. Cook the Brussels Sprouts

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **Brussels sprouts**,  $\frac{1}{4}$  tsp. **salt**, and a pinch of **pepper** to hot pan. Stir occasionally until browned, 5-7 minutes.
- Add 2 Tbsp. **water**, then stir occasionally until tender, 5-7 minutes.
- *If pan is dry, add additional water, 1 Tbsp. at a time, as needed.*
- While Brussels sprouts cook, prepare chicken.



### 3. Prepare the Chicken

- Pat **chicken** dry, and season both sides with a pinch of **salt** and **pepper**.
- Spread **cornstarch mixture** evenly on one side of chicken, then top with crushed **wontons**, pressing gently to adhere.



### 4. Cook the Chicken

- Place a medium non-stick pan over medium heat and add 1 Tbsp. **olive oil**.
- Add **chicken breasts** to hot pan, wonton side down, 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.
- While chicken cooks, make aioli.



### 5. Make Aioli and Finish Dish

- In another mixing bowl, combine **mayonnaise**, **gochujang** (taste first, gochujang is spicy!), and a pinch of **pepper**.
- Plate dish as pictured on front of card, garnishing **chicken** with aioli and **Brussels sprouts** with **dressing**. Bon appétit!