



### In your box

- 2 oz. Sour Cream
- ½ tsp. Garlic Salt
- 4 oz. Broccoli Florets
- 🔪 1 ½ oz. Chipotle Ranch Dressing
- 2 oz. Shredded Cheddar Cheese
- 1 oz. Crumbled Bacon
- 8 oz. Cooked Diced Red Potatoes
- 1 oz. Caramelized Onion Jam

### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Filets Mignon
- 12 oz. Sirloin Steaks
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

\*Contains: milk, eggs

### You will need

- Olive Oil, Pepper
- Medium Non-Stick Pan,
- 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	

15 Minute Meal Kit



## Caramelized Onion Chicken

with loaded potatoes and broccoli

NUTRITION per serving—Calories: 805, Carbohydrates: 34g, Sugar: 8g, Fiber: 5g, Protein: 57g, Sodium: 1826mg, Fat: 48g, Saturated Fat: 16g  
 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

**15 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
- Ingredient(s) used more than once: **garlic salt**



### 1. Cook the Chicken

- Pat **chicken breasts** dry, and season both sides with half the **garlic salt** (reserve remaining for vegetables) and a pinch of **pepper**.
- 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 top evenly with **caramelized onion jam**. Tent with foil.
- While chicken cooks, cook vegetables.



### 2. Start the Vegetables

- Cut **broccoli** into bite-sized pieces.
- Place a large non-stick pan over medium heat and add 4 tsp. **olive oil**.
- Add broccoli and **potatoes** to hot pan. Cover, and cook until slightly tender, 3-4 minutes.

## Customize It Instructions

- If using **filets mignon**, follow same instructions as chicken in Step 1, cooking until filets reaches minimum internal temperature, 5-8 minutes per side. Rest, 3 minutes.
- If using **sirloin steaks**, follow same instructions as chicken in Step 1, cooking until steak reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes.



### 3. Finish the Vegetables

- Uncover, and add **bacon** and remaining **garlic salt** to hot pan. Stir occasionally until **potatoes** are lightly browned, 4-5 minutes.
- Top with **cheese**. Cover again, and cook until cheese is melted, 2-3 minutes.
- Remove from burner.



### 4. Finish the Dish

- Plate dish as pictured on front of card, placing **chicken** on **dressing** (to taste) and topping **vegetables** with **sour cream**. Bon appétit!