



In your box

- 1 oz. Caramelized Onions
- 1 oz. Light Cream Cheese
- ½ oz. Smoked Almonds
- .6 oz. Butter
- 12 oz. Brussels Sprouts
- ½ oz. Shredded Parmesan Cheese
- .8 oz. Lemon Garlic Butter
- 2 Green Onions
- ½ tsp. Garlic Salt

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 12 oz. Mahi-Mahi Fillets
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, soy, tree nuts (almonds)

You will need

- Olive Oil, Salt, Pepper
- 2 Medium Non-Stick Pans

Minimum Internal Protein Temperature

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

15 Minute Meal Kit



Creamy French Onion Chicken

with Brussels sprouts almondine

NUTRITION per serving—Calories: 550, Carbohydrates: 18g, Sugar: 5g, Fiber: 6g, Protein: 47g, Sodium: 1645mg, Fat: 33g, Saturated Fat: 13g
 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

Not Spicy

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: **green onions**



1. Cook the Chicken

- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **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 chicken to a plate and tent with foil. Wipe pan clean and reserve.
- While chicken cooks, prepare ingredients.



2. Prepare the Ingredients

- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball). Coarsely chop halves.
- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.

Customize It Instructions

- If using **mahi-mahi**, pat dry, halve, and season with a pinch of **salt** and **pepper**. Follow same instructions as chicken in Step 1, cooking until mahi-mahi reaches minimum internal temperature, 3-4 minutes per side.
- If using **NY strip steak**, follow same instructions as chicken in Step 1, cooking until steak reaches minimum internal temperature, 9-11 minutes per side. Rest, 3 minutes. Halve to serve.



3. Cook the Brussels Sprouts

- Place another medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **Brussels sprouts**, **white portions of green onions**, and **garlic salt** to hot pan. Stir occasionally until green onions begin to soften, 1-2 minutes.
- Add ¼ cup **water**. Cover, and cook undisturbed until Brussels sprouts are tender, 5-7 minutes.
- Remove from burner and stir in **lemon garlic butter** until combined.
- While Brussels sprouts cook, make sauce.



4. Make Sauce and Finish Dish

- Return pan used to cook chicken to medium heat. Add ¼ cup **water**, **cream cheese**, **caramelized onion**, and a pinch of **salt** and **pepper** to hot pan. Bring to a simmer.
- Once simmering, stir until smooth and slightly thickened, 1-2 minutes.
- Remove from burner and stir in **plain butter** until combined.
- Plate dish as pictured on front of card, topping **chicken** with sauce and **green portions of green onions** and **Brussels sprouts** with **almonds** and **Parmesan**. Bon appétit!