



In your box

- 1 tsp. Italian Seasoning Blend
- 8 oz. Cubed Butternut Squash
- 4 oz. Cremini Mushrooms
- 1 Shallot
- 4 fl. oz. Cream Sauce Base
- 6 oz. Brussels Sprouts
- ½ tsp. Garlic Salt

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Mahi-Mahi Fillets
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)

*Contains: milk

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Baking Sheet, Medium Non-Stick Pan

Minimum Internal Protein Temperature

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

Classic Meal Kit



Mushroom Cream-Smothered Chicken

with roasted butternut squash and Brussels sprouts

NUTRITION per serving—Calories: 533, Carbohydrates: 32g, Sugar: 9g, Fiber: 5g, Protein: 45g, Sodium: 1653mg, Fat: 26g, 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

35-45 min.

Cook Within

5 days

Difficulty Level

Intermediate

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 a baking sheet with foil and generously coat with **cooking spray**
- Only half the **Italian seasoning** is used in this recipe



Customize It Instructions

- If using **ribeye**, follow same instructions as chicken in Steps 1 and 3, searing until browned on one side, 2-3 minutes, then roasting seared side up until steak reaches minimum internal temperature, 12-14 minutes. Rest, 3 minutes. Halve to serve.
- If using **mahi-mahi**, pat dry, halve, and season with a pinch of **salt** and **pepper**. Follow same instructions as chicken in Step 3, searing until mahi-mahi reaches minimum internal temperature, 3-4 minutes per side. No need to roast in oven.

1. Prepare the Ingredients

- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Halve any large **butternut squash** pieces to roughly match smaller pieces.
- Cut **mushrooms** into 1/4" slices.
- Peel and mince **shallot**.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.

2. Start the Vegetables

- Place **butternut squash** and **Brussels sprouts** on prepared baking sheet and toss with 1 tsp. **olive oil**, **garlic salt**, and a pinch of **pepper**. Massage oil, garlic salt, and pepper into vegetables.
- Spread into a single layer and roast in hot oven, 10 minutes.
- While vegetables roast, sear chicken.



3. Finish the Chicken and Vegetables

- Heat 1 tsp. **olive oil** in a medium non-stick pan over medium heat. Add **chicken** to hot pan. Cook undisturbed until browned, 2-3 minutes on one side.
- After 10 minutes, carefully remove baking sheet from oven and push **vegetables** to one side. *Baking sheet will be hot!* Use a *utensil*. Transfer chicken, seared side up, to empty space. Reserve pan; no need to wipe clean.
- Roast in hot oven until vegetables are fork-tender, and chicken reaches a minimum internal temperature of 165 degrees, 12-14 minutes.
- While chicken and vegetables roast, make sauce.



4. Start the Sauce

- Return pan used to sear chicken to medium-high heat and add 2 tsp. **olive oil**. Add **shallot** to hot pan and stir constantly until edges are golden-brown and tender, 30-60 seconds.
- Add **mushrooms** and stir occasionally until browned, 4-6 minutes.
- Stir in half the **Italian seasoning** (remaining is yours to do with as you please), 1/4 tsp. **salt**, and a pinch of **pepper**.



5. Finish Sauce and Finish Dish

- Stir **cream sauce base** and 2 Tbsp. **water** into hot pan until combined. Bring to a low simmer. *A low simmer should be a few gentle bubbles.*
- Once simmering, cook until thickened, 2-3 minutes.
- Remove from burner. *If too thick, add water, 1 Tbsp. at a time, up to 2 Tbsp., until desired consistency is reached.*
- Plate dish as pictured on front of card, topping **chicken** with sauce. Bon appétit!