



In your box

- ½ oz. Crumbled Bacon
- ½ tsp. Seasoned Salt Blend
- 1 tsp. Sugar
- 1 Gala Apple
- 4 tsp. Chicken Demi-Glace Concentrate
- ¼ oz. Dijon Mustard
- 12 oz. Brussels Sprouts
- .3 oz. Butter

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

You will need

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

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

Classic Meal Kit



Chicken and Bacon Mustard Demi Sauce

with apple and Brussels sprouts

NUTRITION per serving—Calories: 517, Carbohydrates: 31g, Sugar: 15g, Fiber: 7g, Protein: 46g, Sodium: 1662mg, Fat: 24g, Saturated Fat: 6g
 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

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
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes.
- Set **butter** on counter to soften
- Prepare a baking sheet with foil and cooking spray



1. Prepare the Ingredients

- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Peel **apple**, quarter, and remove core. Cut into ½" dice.
- Pat **chicken** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2. Cook the Chicken

- Place a medium non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **chicken** to hot pan. Cook undisturbed until lightly browned, 2-3 minutes on one side.
- Transfer chicken to prepared baking sheet, seared side up. Wipe pan clean and reserve.
- Roast in hot oven until browned and chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- While chicken roasts, cook Brussels sprouts and apple.



3. Cook the Brussels Sprouts and Apple

- Heat 1 Tbsp. **olive oil** in a large non-stick pan over medium-heat. Place **Brussels sprouts** in a single layer, cut side down, in hot pan. Cook undisturbed until deep golden brown, 4-5 minutes.
- Add **apple** and stir occasionally until beginning to get tender, 4-5 minutes
- Add **seasoned salt**, then stir occasionally until Brussels sprouts and apples are tender, 3-4 minutes.
- Remove from burner.



4. Make the Sauce

- Return pan used to cook chicken to medium heat and add 1 tsp. **olive oil**. Add **bacon** to hot pan and cook until lightly crispy, 20-30 seconds.
- Remove from burner. Stir in **demi-glace**, 2 tsp. **water**, **sugar**, **mustard**, and **butter** until combined.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **sauce**. Bon appétit!