



15 Minute Meal Kit

In your box

- ¼ oz. Capers
- ½ tsp. Garlic Salt
- 2 tsp. Chicken Demi-Glace Concentrate
- 1 Red Bell Pepper
- 2 Garlic Cloves
- 1 tsp. Cornstarch
- 1 oz. Shredded Asiago Cheese
- 8 oz. Broccoli Florets
- 2 oz. White Cooking Wine
- Customize It Options**
- 12 oz. Boneless Skinless Chicken Breasts
- 12 oz. Sirloin Steaks
- 12 oz. Boneless Pork Chops
- 13½ oz. Organic Boneless Skinless Chicken Breasts

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

You will need

- Olive Oil, Salt, Pepper
- Medium Non-Stick Pan, Mixing Bowl, 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.



Chicken and Caper Demi Sauce

with Asiago broccoli

NUTRITION per serving—Calories: 430, Carbohydrates: 18g, Sugar: 6g, Fiber: 5g, Protein: 43g, Sodium: 1440mg, Fat: 18g, 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

15 min.

Cook Within

4 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
- Ingredient(s) used more than once: **garlic**

Customize It Instructions

- If using **sirloin steaks**, follow same instructions as chicken in Step 1, cooking until steak reaches desired doneness, or 4-6 minutes per side for medium/medium-well. *Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner. Rest, 3 minutes.*
- If using **pork chops**, follow same instructions as chicken in Step 1, cooking until pork reaches minimum internal temperature, 5-7 minutes per side. *Pork chop thickness can vary; if you receive a thinner chop, we recommend checking for doneness sooner. Rest, 3 minutes.*



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 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 tent with foil. Reserve pan; no need to wipe clean.
- While chicken cooks, prepare ingredients.



2. Prepare the Ingredients

- Stem, seed, remove ribs, and cut **red bell pepper** into 1" dice.
- Break **broccoli** into bite-sized pieces.
- Mince **garlic**.
- Combine **cornstarch** and 1 Tbsp. **water** in a mixing bowl. Set aside.



3. Cook the Vegetables

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **broccoli**, **red bell pepper**, half the **garlic** (reserve remaining for sauce), **garlic salt**, and 2 Tbsp. **water** to hot pan. Cover, and cook until water is almost completely evaporated, 4-5 minutes.
- Uncover and add a pinch of **pepper**. Stir occasionally until tender, 2-3 minutes.
- Top evenly with **cheese**. Cover, and cook undisturbed until melted, 45-60 seconds.
- Remove from burner.
- While vegetables cook, make sauce.



4. Make Sauce and Finish Dish

- Return pan used to cook chicken to medium heat. Add 1 tsp. **olive oil** and remaining **garlic** to hot pan. Cook, 1 minute.
- Stir in **wine**, **capers**, and **demi-glace** and bring to a simmer. *Adding alcohol to a hot pan may cause some flames; use caution.*
- Once simmering, stir in **cornstarch-water mixture** until combined. Then stir often until thickened, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **chicken** with sauce. Bon appétit!