



In your box

- ½ fl. oz. Honey
- ½ oz. Walnut Halves
- 2 Russet Potatoes
- 1 Shallot
- .6 oz. Butter
- ½ tsp. Garlic Salt
- ½ oz. Grated Parmesan
- 8 oz. Green Beans

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Sirloin Steaks
- 12 oz. Pork Tenderloin Medallions
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, tree nuts (walnuts)

You will need

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

Minimum Internal Protein Temperature

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

Classic Meal Kit



Chicken Breast with Sweet Walnut Butter and Parmesan potatoes and green beans

NUTRITION per serving—Calories: 663, Carbohydrates: 53g, Sugar: 12g, Fiber: 6g, Protein: 48g, Sodium: 1596mg, Fat: 31g, Saturated Fat: 8g
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
- Preheat oven to **425 degrees**
- Set **butter** on counter to soften
- Prepare a baking sheet with foil and cooking spray
- Upon delivery, remove **potatoes** from meal bag and store at room temperature



1. Prepare the Ingredients

- Peel and slice **potatoes** into ¼" rounds.
- Peel and slice **shallot** into ¼" slices.
- Coarsely chop **walnuts**.
- Trim ends off **green beans**.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.

2. Bake the Potatoes

- Combine **potato rounds**, 2 tsp. **olive oil**, half the **Parmesan** (reserve remaining for topping), **garlic salt**, and a pinch of **pepper** in a mixing bowl. Massage oil and seasoning into potatoes.
- Spread potatoes into a single layer on prepared baking sheet. Top with remaining Parmesan. Bake in hot oven until golden brown, 15-20 minutes.
- While potatoes bake, cook green beans.

Customize It Instructions

- If using **sirloin steaks**, follow same instructions as chicken in Steps 1 and 4, cooking until steak reaches minimum internal temperature, 5-7 minutes per side. Rest, 3 minutes.
- If using **pork medallions**, follow same instructions as chicken in Steps 1 and 4, cooking until pork reaches minimum internal temperature, 3-5 minutes per side. Rest, 3 minutes.



3. Cook the Green Beans

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **green beans** and **shallot** to hot pan and cook, 1 minute.
- Add ¼ cup **water**, ¼ tsp. **salt**, and a pinch of **pepper**. Cover, and cook until tender, 6-8 minutes.
- Remove from burner.
- While green beans cook, cook chicken.



4. Cook the Chicken

- Place a medium non-stick pan over medium heat and add 2 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. Remove from burner.



5. Make Sweet Walnut Butter and Finish Dish

- In another mixing bowl, mix softened **butter**, **walnuts**, and **honey** until combined.
- Plate dish as pictured on front of card, topping **chicken** with sweet walnut butter. Bon appétit!