



### In your box

- ¼ oz. Dijon Mustard
- .6 oz. Butter
- 13 oz. Boneless Skinless Chicken Breasts
- ½ cup Seasoned Wild Rice Blend
- ¼ oz. Parsley
- 4 oz. Cremini Mushrooms
- 2 tsp. Chicken Demi-Glace Concentrate
- 1 Shallot

\*Contains: milk, soy

### You will need

- Olive Oil, Pepper
- Medium Pot, Medium Non-Stick Pan

### Minimum Internal Protein Temperature

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

### Skinnytaste Meal



Calorie Conscious



Protein Packed

For a limited time, enjoy recipes from Skinnytaste, best-selling cookbook series and popular food blog by **Gina Homolka!**

Each Skinnytaste recipe is crafted with seasonal ingredients for delicious flavors.



## Chicken with Mushroom-Shallot Sauce and wild rice

NUTRITION per serving—Calories: 490, Carbohydrates: 44g, Sugar: 5g, Fiber: 2g, Protein: 44g, Sodium: 1228mg, Fat: 15g, 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.

Cook Time  
**40-50 min.**

Cook Within  
**5 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: parsley



### 1. Cook the Wild Rice

- Bring a medium pot with wild rice and 1 cup water to a boil. Lower to a simmer, cover, and cook until tender, 20-23 minutes.
- If water remains after 23 minutes, keep cooking, 5 minutes.
- Remove from burner and set aside covered.
- While rice cooks, prepare ingredients.



### 2. Prepare the Ingredients

- Peel and chop shallot.
- Coarsely chop mushrooms.
- Stem and coarsely chop parsley.
- Pat chicken dry. On a separate cutting board, cover chicken with plastic wrap and pound with a heavy object into an even thickness. Feel free to use a disposable gallon-size bag instead of wrap. Remove plastic wrap. Season chicken on both sides with a pinch of pepper.



### 3. Cook the Chicken

- Place a medium non-stick pan over medium heat and add 1 tsp. olive oil.
- Add chicken to hot pan and cook until golden brown and chicken reaches a minimum internal temperature of 165 degrees, 4-5 minutes per side.
- Remove from burner. Remove chicken to a plate and tent with foil. Reserve pan; no need to wipe clean.



### 4. Make the Sauce

- Return pan used to cook chicken to medium heat. Add butter to hot pan and melt.
- Once butter is melted, add shallot and stir occasionally until tender, 2-4 minutes.
- Stir in mushrooms, demi-glace, mustard, half the parsley (reserve remaining for garnish), ½ cup water, and a pinch of pepper. Bring to a simmer.
- Once simmering, stir occasionally until mushrooms are tender, 5-7 minutes.
- If sauce is too dry, add additional 1-2 Tbsp. water. Remove from burner.



### 5. Finish the Dish

- Plate dish as pictured on front of card, topping chicken with sauce and garnishing with remaining parsley. Bon appétit!