



In your box

- ½ tsp. Garlic Salt
- 1 oz. Tuscan Herb Butter
- ½ oz. Shredded Parmesan Cheese
- 2 Garlic Cloves
- 1 oz. Light Cream Cheese
- 8 oz. Green Beans
- 1 Red Bell Pepper

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 10 oz. Ahi Tuna Steaks
- 12 oz. Salmon Fillets
- 14 oz. Duroc Boneless Pork Chops
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk

You will need

- Olive Oil, Salt, Pepper
- 2 Medium Non-Stick Pans

Minimum Internal Protein Temperature

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

15 Minute Meal Kit



Chicken and Tuscan Herb Sauce

with garlic green beans

NUTRITION per serving—Calories: 497, Carbohydrates: 18g, Sugar: 8g, Fiber: 6g, Protein: 45g, Sodium: 1597mg, Fat: 28g, 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

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

Customize It Instructions

- If using **tuna**, follow same instructions as chicken in Step 1, cooking until tuna reaches minimum internal temperature, 4-5 minutes per side. *Tuna is often enjoyed medium-rare (pink in the middle). For medium-rare, cook 1-2 minutes per side. Consuming raw or undercooked tuna may increase your risk for food-borne illness.*
- If using **salmon**, pat dry and season flesh side with a pinch of **salt** and **pepper**, then follow same instructions as chicken in Step 1, searing, skin side up first, until golden brown and salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **pork chops**, follow same instructions as chicken in Step 1, cooking until pork reaches minimum internal temperature, 5-7 minutes per side. 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 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. Wipe pan clean and reserve.
- While chicken cooks, cook vegetables.



2. Cook the Vegetables

- Stem, seed, remove ribs, and cut **red bell pepper** into ¼" strips.
- Mince **garlic**.
- Place another medium non-stick pan over medium heat with 2 tsp. **olive oil**. Add **green beans**, red bell pepper, garlic, **garlic salt**, and pinch of **salt** and **pepper** to hot pan. Stir occasionally until garlic is fragrant, 45-60 seconds.
- Add 2 Tbsp. **water**. Cover, and stir occasionally until green beans are vibrant and tender, 5-7 minutes.
- *If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes.*
- Remove from burner.



3. Make the Red Pepper Cream

- Return pan used to cook chicken to medium heat. Add 2 Tbsp. **water**, **cream cheese**, **butter**, and a pinch of **salt** and **pepper** to hot pan.
- Bring to a simmer. Once simmering, stir often until smooth and creamy, 1-2 minutes.
- *If too thick, add additional water, 1 tsp. at a time, until desired consistency is reached.*
- Remove from burner.



4. Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **red pepper cream** and garnishing **vegetables** with **Parmesan**. Bon appétit!