



In your box

- ½ tsp. Garlic Salt
- 4 oz. Grape Tomatoes
- 1 Tbsp. Basil Pesto
- ½ oz. Grated Parmesan
- 8 oz. Green Beans
- 1 ½ oz. Mozzarella Slices

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Filets Mignon
- 12 oz. Sirloin Steaks
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk

You will need

- Olive Oil, Salt, Pepper
- Medium Non-Stick Pan,
- Large Non-Stick Pan

Minimum Internal Protein Temperature

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

15 Minute Meal Kit



Caprese Chicken Breast

with Parmesan green beans

NUTRITION per serving—Calories: 431, Carbohydrates: 16g, Sugar: 8g, Fiber: 4g, Protein: 48g, Sodium: 1441mg, Fat: 20g, 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

15 min.

Cook Within

4 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: **garlic salt**



1. Start the Chicken

- Pat **chicken** dry, and season both sides with half the **garlic salt** (reserve remaining for vegetables) and a pinch of **pepper**.
- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add chicken to hot pan and cook undisturbed on one side until browned, 5-7 minutes.
- *Chicken will finish cooking in a later step.*
- While chicken cooks, cook vegetables.



2. Cook the Vegetables

- Halve **tomatoes**.
- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **green beans** and 2 Tbsp. **water** to hot pan. Cover, and cook until starting to soften, 5-7 minutes.
- Uncover, and add tomatoes, remaining **garlic salt**, and a pinch of **salt** and **pepper**. Stir occasionally until tomatoes have softened and green beans are tender, 3-5 minutes.
- *If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes.*
- While vegetables cook, finish chicken.

Customize It Instructions

- If using **filets mignon**, follow same instructions as chicken in Steps 1 and 3, cooking until steak reaches minimum internal temperature, 5-8 minutes per side. Rest, 3 minutes.
- If using **sirloin steaks**, follow same instructions as chicken in Steps 1 and 3, cooking until steak reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes.



3. Finish the Chicken

- Flip **chicken**, and top evenly with **pesto** and **mozzarella**. Cover, and cook until cheese is melted and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Remove from burner.



4. Finish the Dish

- Plate dish as pictured on front of card, garnishing **vegetables** with **Parmesan**. Bon appétit!