



### In your box

- 1 fl. oz. Honey
- 1 oz. Pepitas
- .42 oz. Mayonnaise
- .3 oz. Butter
- 2 tsp. Chicken Demi-Glace Concentrate
- 🌶️ ½ tsp. Chipotle Seasoning
- 12 oz. Brussels Sprouts

### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Ranch Steaks
- 12 oz. Salmon Fillets
- 14 oz. Duroc Boneless Pork Chops
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

\*Contains: milk, eggs

### You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, Medium Non-Stick Pan

### Minimum Internal Protein Temperature

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

Classic Meal Kit



# Pepita-Crusted Chicken with Chipotle Demi-Glace and honey roasted Brussels sprouts

NUTRITION per serving—Calories: 561, Carbohydrates: 30g, Sugar: 17g, Fiber: 5g, Protein: 47g, Sodium: 1376mg, Fat: 28g, Saturated Fat: 7g  
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

**Mild**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray

## Customize It Instructions

- If using **salmon**, pat dry and season flesh side with  $\frac{1}{4}$  tsp. **salt**. In Step 2, roast **Brussels sprouts**, 11 minutes. Follow same instructions as chicken in Steps 3 and 4, searing, skin side up, until golden brown, 2-4 minutes. Add **topping**, and roast until salmon reaches minimum internal temperature, 7-10 minutes.
- If using **pork chops**, in Step 2, roast Brussels sprouts, 12 minutes. Follow same instructions as chicken in Steps 1, 3 and 4, searing 2-3 minutes per side. Add topping, and roast until pork reaches minimum internal temperature, 6-8 minutes. Rest, 3 minutes.
- If using **steak**, in Step 2, roast Brussels sprouts, 11 minutes. Follow same instructions as chicken in Steps 1, 3 and 4, searing 2-3 minutes per side. Add topping, and roast until steak reaches minimum internal temperature, 7-9 minutes. Rest, 3 minutes.



### 1. Prepare the Ingredients

- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Coarsely chop **pepitas**.
- Pat **chicken breasts** dry, and season both sides with  $\frac{1}{4}$  tsp. **salt**.



### 2. Start the Brussels Sprouts

- Place **Brussels sprouts** on prepared baking sheet and toss with 2 tsp. **olive oil**,  $\frac{1}{4}$  tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into Brussels sprouts.
- Spread into a single layer on one half of baking sheet. Roast in hot oven, 8 minutes.
- Carefully remove from oven. *Brussels sprouts will finish cooking in a later step.*
- While Brussels sprouts roast, start chicken.



### 3. Start the Chicken

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **chicken** to hot pan and cook until browned, 2-3 minutes per side.
- Transfer chicken to empty half of baking sheet. Reserve pan; no need to wipe clean.
- Spread **mayonnaise** evenly on chicken and top with **pepitas**, pressing gently to adhere.



### 4. Roast the Chicken and Brussels Sprouts

- Roast **Brussels sprouts** and **chicken** in hot oven until Brussels sprouts are tender and chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- Drizzle **honey** over roasted Brussels sprouts. Rest chicken, at least 3 minutes.
- While chicken rests, make sauce.



### 5. Make Sauce and Finish Dish

- Return pan used to cook chicken to medium heat and add **demi-glace**,  $\frac{1}{4}$  cup **water**, and a pinch of **seasoning blend**. Bring to a simmer.
- Once simmering, stir occasionally until sauce thickens, 2-3 minutes.
- Remove from burner. Taste, and add remaining seasoning blend if desired. Swirl in **butter** until combined.
- Plate dish as pictured on front of card, placing **chicken** on **sauce**. Bon appétit!