



In your box

- 1 Tbsp. Savory Seasoning
- 1 oz. Roasted Pecans
- 6 Chive Sprigs
- 1 oz. Butter
- 12 oz. Carrot
- 2 tsp. Chicken Demi-Glace Concentrate
- 1 tsp. Herbes de Provence
- .46 oz. Brown Sugar
- 1 Shallot

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Filets Mignon
- 12 oz. Salmon Fillets
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk, tree nuts (pecans)

You will need

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



Herbes de Provence Chicken

with brown sugar-glazed carrots and pecans

NUTRITION per serving—Calories: 610, Carbohydrates: 32g, Sugar: 17g, Fiber: 7g, Protein: 42g, Sodium: 1697mg, Fat: 35g, Saturated Fat: 11g
 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

35-45 min.

Cook Within

5 days

Difficulty Level

Expert

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 **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **butter**



1. Prepare the Ingredients

- Peel, trim, and cut **carrot** into ½" slices on an angle.
- If whole, coarsely chop **pecans**.
- Mince **chives**.
- Peel and mince **shallot**.
- Pat **chicken** dry, and season both sides with **savory seasoning blend**.



2. Cook the Carrot

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **carrot** to hot pan and stir occasionally until starting to brown, 4-6 minutes.
- Add ½ cup **water**, half the **butter** (reserve remaining for sauce), **brown sugar**, ¼ tsp. **salt**, and a pinch of **pepper**. Reduce heat to medium-low. Cover, and stir occasionally until liquid is mostly evaporated and carrot is tender, 10-15 minutes.
- Uncover, and bring to a simmer. Once simmering, cook until liquid thickens to coat carrot, 2-3 minutes.
- Remove from burner.
- While carrot cooks, cook chicken.

Customize It Instructions

- If using **salmon**, pat dry and season flesh side with **seasoning blend**. Follow same instructions as chicken in Step 3, searing, skin side up, until golden brown, 2-4 minutes, then roasting, seared-side up, until salmon reaches minimum internal temperature, 7-10 minutes.
- If using **filets mignon**, follow same instructions as chicken in Steps 1 and 3, searing 2-3 minutes per side, then roasting until steak reaches a minimum internal temperature of 145 degrees, 7-9 minutes. Rest, 3 minutes.



3. Cook the Chicken

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **chicken** to hot pan and cook until browned, 2-3 minutes per side.
- Transfer chicken to prepared baking sheet. Reserve pan; no need to wipe clean.
- Roast in hot oven until browned and chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- While chicken roasts, make sauce.



4. Make the Sauce

- Return pan used to cook chicken to medium heat and add 1 tsp. **olive oil**. Add **shallot** to hot pan and stir occasionally until tender, 2-3 minutes.
- Stir in ¼ cup **water**, **demi-glace**, **herbes de Provence**, and a pinch of **salt** and **pepper**. Bring to a boil.
- Once boiling, stir constantly until slightly thickened, 2-3 minutes.
- Remove from burner and stir in remaining **butter**.



5. Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **sauce** and garnishing **carrots** with **pecans** and **chives**. Bon appétit!