



In your box

- 2 oz. Sliced Red Onion
- 8 oz. Green Beans
- ½ oz. Walnut Halves
- 2 Tbsp. Basil Pesto
- ½ tsp. Seasoned Salt Blend
- 1 oz. Light Cream Cheese
- 1 oz. Shredded Mozzarella

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)
- 14 oz. Duroc Boneless Pork Chops
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, tree nuts (walnuts)

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



Walnut-Crusted Chicken

with basil pesto sauce and green beans

NUTRITION per serving—Calories: 475, Carbohydrates: 17g, Sugar: 7g, Fiber: 4g, Protein: 47g, Sodium: 1360mg, Fat: 25g, 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

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



1. Cook the Chicken

- Coarsely chop **walnuts**. Pat **chicken** dry, and season both sides with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add chicken to hot pan and cook undisturbed until browned, 5-7 minutes on one side.
- Flip chicken, and top evenly with **mozzarella** and walnuts. Cover, and cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Transfer chicken to a plate. Reserve pan; no need to wipe clean.
- While chicken cooks, cook green beans.



2. Cook the Green Beans

- Place another medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **green beans** to hot pan and stir occasionally until tender, 5-7 minutes.
- *If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes*
- Add **onions** and **seasoned salt**. Stir occasionally until onions soften, 2-3 minutes.
- Remove from burner.

Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Step 1, cooking until pork reaches minimum internal temperature, 5-7 minutes per side.
- If using **ribeye**, follow same instructions as chicken in Step 1, cooking until steak reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. Halve to serve.



3. Make the Sauce

- Return pan used to cook chicken to medium heat.
- Add **pesto**, **cream cheese**, a pinch of **salt** and **pepper**, and 3 Tbsp. **water** to hot pan. Bring to a simmer, stirring to combine. *If too thick, add additional water, 1 Tbsp. at a time, until desired consistency is reached.*
- Once simmering, remove from burner.



4. Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **sauce**. Bon appétit!