



In your box

- 1 oz. Shredded White Cheddar Cheese
- 12 oz. Green Beans
- 1 oz. Light Cream Cheese
- ½ tsp. Garlic Salt
- .6 oz. Butter
- 1 Puff Pastry Dough Square
- 2 tsp. Chicken Broth Concentrate
- ¼ oz. Flour
- 1 Shallot

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

You will need

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

Minimum Internal Protein Temperature

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

Classic Meal Kit



Puff Pastry Wrapped Chicken and Shallot Cream

with white cheddar green beans

NUTRITION per serving—Calories: 593, Carbohydrates: 30g, Sugar: 8g, Fiber: 6g, Protein: 48g, Sodium: 1644mg, Fat: 34g, Saturated Fat: 12g
 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
45-55 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 **425 degrees**
- Set **cream cheese** on counter to soften
- Prepare a baking sheet with foil and cooking spray
- Refrigerate **puff pastry** until ready to use
- Only half the **shallot** is used in this recipe
- Ingredient(s) used more than once: **garlic salt**



1. Prepare the Ingredients

- Peel and mince half the **shallot** (remaining shallot is yours to do with as you please).
- Trim ends off **green beans** and halve.
- Remove **puff pastry** from refrigerator. Using the tip of a knife, draw diagonal lines on pastry, about ½" apart. Draw another set of diagonal lines crosswise from the first, forming a crosshatch. *This is called scoring.* Halve pastry diagonally and refrigerate again.
- Pat **chicken** dry, and season both sides with a pinch of **pepper**.

2. Cook the Chicken

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **chicken breasts** to hot pan and sear until browned, 2-3 minutes per side.
- Remove chicken to prepared baking sheet and rest, 1 minute. Reserve pan; no need to wipe clean.
- Remove **puff pastry** from refrigerator. Wrap rested chicken in puff pastry, scored side up. Tuck pastry ends under chicken.
- Roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 18-20 minutes.
- While chicken roasts, cook green beans.

Customize It Instructions

- If using **salmon**, pat dry and season flesh side with a pinch of **pepper**. Follow same instructions as chicken in Step 2, searing, skin side up, 2-4 minutes, then transferring to baking sheet, skin side down, adding **puff pastry**, and roasting until salmon reaches minimum internal temperature, 15-20 minutes.



3. Cook the Green Beans

- Return pan used to cook chicken to medium-high heat. Add **green beans** to hot pan and stir until coated in oil.
- Add ¼ cup **water** and cover. Reduce heat to medium and cook undisturbed until water is almost entirely evaporated, 8-10 minutes.
- *If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes.*
- Stir in **butter** and half the **garlic salt** (reserve remaining for sauce) until butter is melted. Remove from burner. Top with **cheese** and cover.



4. Make the Shallot Cream

- Place a small pot over medium heat and add 2 tsp. **olive oil**. Add **shallot** to hot pot and stir occasionally until softened, 2-3 minutes.
- Add **flour** and stir constantly until combined, 30-45 seconds.
- Stir in 1/3 cup **water**, **chicken base**, **cream cheese**, and remaining **garlic salt**. Bring to a simmer.
- Once simmering, stir constantly until thickened slightly, 1-2 minutes.
- Remove from burner.

