



In your box

- 1 Shallot
- ½ oz. Grated Parmesan
- 12 oz. Yukon Potatoes
- 8 oz. Carrot
- 6 Chive Sprigs
- 4 oz. Light Cream
- .46 oz. Brown Sugar
- .3 oz. Butter
- 2 tsp. Chicken Demi-Glace Concentrate

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 12 oz. Salmon Fillets
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk

You will need

Olive Oil, Salt, Pepper, Cooking Spray
 Baking Sheet,
 Small Oven-Safe Casserole Dish,
 Medium Pot, Colander,
 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



Parisian Bistro Chicken

with dauphinoise potatoes and Vichy carrots

NUTRITION per serving—Calories: 627, Carbohydrates: 57g, Sugar: 19g, Fiber: 6g, Protein: 46g, Sodium: 1731mg, Fat: 25g, 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 **400 degrees**
- Prepare a baking sheet with foil and cooking spray
- Prepare a small casserole dish with cooking spray
- Ingredient(s) used more than once: **shallot, Parmesan**



Customize It Instructions

- If using **NY strip steak**, follow same instructions as bone-in chicken in Steps 1 and 2, searing on one side until browned, 2-3 minutes, then roasting, seared side up, until steak reaches minimum internal temperature, 10-12 minutes. Rest, 3 minutes. Halve to serve.
- If using **salmon**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as bone-in chicken in Step 2, searing, skin side up, in hot pan, 2-4 minutes, then roasting until salmon reaches a minimum internal temperature, 7-10 minutes.

1. Prepare the Ingredients

- Slice **potatoes** into thin rounds. Bring a medium pot with potatoes and enough **lightly salted water** to cover to a boil. Reduce to a simmer and cook until softened, 10-12 minutes.
- Drain potatoes in a colander and return to pot. Cover and set aside.
- While potatoes cook, peel and mince **shallot**.
- Peel, trim, and cut **carrot** on an angle into ¼" slices.
- Mince **chives**.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.

2. Bake the Dauphinoise Potatoes

- Add **cream**, **shallot** (reserve 1 Tbsp. for sauce), half the **Parmesan** (reserve remaining for topping), ½ tsp. **salt**, and ¼ tsp. **pepper** to pot with **potatoes**. Gently stir to combine.
- Transfer potatoes to prepared casserole dish. *For best results, use 1½-2½ cup capacity dish. You may also use a small oven-safe pan, including a cast iron. Wipe pot clean and reserve.*
- Top with remaining Parmesan and bake in hot oven until cheese browns, 18-20 minutes.
- While potatoes bake, cook chicken.



3. Cook the Chicken

- Heat 1 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Add **chicken** to hot pan and cook until golden brown, 2-3 minutes per side.
- Transfer to prepared baking sheet. Reserve pan; no need to wipe clean.
- Roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- Rest cooked chicken at least 5 minutes.
- While chicken roasts, cook carrot.

4. Make the Vichy Carrot

- Return pot used to cook potatoes to medium heat. Add ½ cup **water**, **carrot**, **brown sugar**, **butter**, and a pinch of **salt** and **pepper** to hot pot. Bring to a simmer.
- Once simmering, cover and cook until lightly glazed, 5-7 minutes.
- Uncover, and increase heat to medium-high. Stir often until carrot is tender, 6-8 minutes.
- Remove from burner.

5. Make Sauce and Finish Dish

- Return pan used to cook chicken to medium-high heat and add ½ cup **water**, **demi-glace**, and remaining **shallot** to hot pan. Bring to a simmer.
- Once simmering, stir occasionally until slightly thickened, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, placing **chicken** on **sauce**, and garnishing **potatoes** and **carrot** with **chives**. Bon appétit!