



In your box

- ¼ oz. Sherry Vinegar
- 3 Thyme Sprigs
- 1 tsp. Garlic Pepper
- .6 oz. Butter
- 1 Shallot
- 1 oz. Dark Brown Sherry Cooking Wine
- 1 oz. Shredded Parmesan Cheese
- 3 oz. Chopped Kale
- 16 oz. Carrot

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets

*Contains: milk

You will need

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

Minimum Internal Protein Temperature

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

Classic Meal Kit



Pan-Seared Chicken and Shallot Sherry Beurre Blanc

with Parmesan kale and carrots

NUTRITION per serving—Calories: 551, Carbohydrates: 30g, Sugar: 12g, Fiber: 8g, Protein: 47g, Sodium: 1620mg, Fat: 27g, Saturated Fat: 9g
 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

40-50 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**
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **shallot**



Customize It Instructions

- If using **ribeye**, follow same instructions as chicken in Steps 1 and 2, searing on one side undisturbed until browned, 3-4 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 chicken in Step 2, searing, skin side up, until browned, 2-4 minutes, then roasting seared side up until salmon reaches minimum internal temperature, 7-10 minutes.

1. Prepare the Ingredients

- Peel and halve **shallot**. Slice one half into thin strips and mince other half.
- Peel, trim, and cut **carrot** on an angle into ¼" rounds.
- Stem and coarsely chop **thyme**.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.

2. Cook the Chicken

- Heat 1 tsp. **olive oil** in a medium non-stick pan over medium heat. Add **chicken** to hot pan. Sear undisturbed until browned, 2-3 minutes on one side.
- Transfer chicken, seared side up, to prepared baking sheet. Reserve pan; no need to wipe clean.
- Roast until browned and chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- While chicken cooks, cook vegetables.



3. Cook the Vegetables

- Place a large non-stick pan over medium-high heat. Add 2 tsp. **olive oil** and **carrot** to hot pan. Stir often until lightly browned, 3-5 minutes.
- Stir in **kale**, **sliced shallot**, **garlic pepper**, ¼ tsp. **salt**, and ¼ cup **water**. Cover, and cook until vegetables are tender, 6-7 minutes.
- Remove from burner.
- While vegetables cook, make sauce.



4. Make the Sauce

- Return pan used to cook chicken to medium heat and add 2 tsp. **olive oil**. Add **minced shallot** to hot pan and stir often until tender, 2-3 minutes.
- Stir in **sherry vinegar**, **sherry wine**, and **thyme**. Bring to a boil.
- Once boiling, cook until slightly thickened, 60-90 seconds.
- Remove from burner. Stir in **butter** and a pinch of **salt** and **pepper**.



5. Finish the Dish

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