



### In your box

- 2 Tbsp. Mango Chutney
- 2 tsp. Miso Sauce Concentrate
- ½ oz. Roasted Peanuts
- 1 oz. Seasoned Rice Vinegar
- ½ oz. Baby Arugula
- 4 oz. Grape Tomatoes
- 2 Persian Cucumbers
- 2 Green Onions

### Customize It Options

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

*If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.*

### You will need

- Olive Oil, Salt, Pepper
- Medium Non-Stick Pan,
- 2 Mixing Bowls

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

## Classic Meal Kit



# Mango Miso Chicken

with cucumber and tomato salad

NUTRITION per serving—Calories: 379, Carbohydrates: 27g, Sugar: 17g, Fiber: 5g, Protein: 39g, Sodium: 1137mg, Fat: 13g, Saturated Fat: 2g  
 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

**25-35 min.**

Cook Within

**5 days**

Difficulty Level

**Easy**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **green onions**

### Customize It Instructions

- If using **salmon**, pat dry and season flesh side with a pinch of **salt** and **pepper**. Follow same instructions as chicken in Step 3, cooking, skin side up first, until golden brown and salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **mahi-mahi**, halve fillets and season all over with a pinch of salt and pepper. Follow same instructions as chicken in Step 3, cooking until mahi-mahi reaches minimum internal temperature, 3-4 minutes per side. *Fish thickness can vary; if you receive a thinner fillet, we recommend checking for doneness sooner.*



### 1. Prepare the Ingredients

- Trim **cucumbers**, halve lengthwise, then cut into ½" half-moons.
- Halve **tomatoes**.
- Coarsely chop **peanuts**.
- Trim and mince white portions of **green onions**. Thinly slice green portions of green onions. Keep white and green portions separate.
- Pat **chicken** dry, and season both sides with a pinch of **salt** and **pepper**.



### 2. Make the Sauce

- Mix **mango chutney**, **miso concentrate**, and a pinch of **pepper** in a mixing bowl until completely combined. Set aside.



### 3. Cook the Chicken

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **chicken breasts** to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove from burner.
- While chicken cooks, make salad.



### 4. Make the Salad

- In another mixing bowl, add **seasoned rice vinegar**, **white portions of green onions**, 1 tsp. **olive oil**, and a pinch of **salt** and **pepper**. Whisk or stir vigorously to combine.
- Add **cucumbers**, **tomatoes**, and **arugula** and toss or gently stir to combine.



### 5. Finish the Dish

- Plate dish as pictured on front of card, garnishing **chicken** with **sauce** and **green portions of green onions** and **salad** with **peanuts**. Bon appétit!