



### In your box

- ¼ oz. Dijon Mustard
- ½ tsp. Garlic Salt
- 1.26 oz. Mayonnaise
- 2 Garlic Cloves
- 8 oz. Brussels Sprouts
- ¼ cup Panko Breadcrumbs
- 1 fl. oz. Pure Maple Syrup
- 1 Red Bell Pepper

### Customize It Options

- 12 oz. Boneless Skinless Chicken Breasts
- 12 oz. Mahi-Mahi Fillets
- 12 oz. Boneless Pork Chops
- 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, Cooking Spray

Medium Non-Stick Pan, Baking Sheet, Mixing Bowl

### 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



# Crispy Chicken with Maple Mustard Sauce

with Brussels sprouts and peppers

NUTRITION per serving—Calories: 566, Carbohydrates: 33g, Sugar: 16g, Fiber: 5g, Protein: 40g, Sodium: 1465mg, Fat: 31g, Saturated Fat: 5g  
 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

**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
- Turn oven on to **450 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **garlic salt, mayonnaise**



## Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Steps 1 and 3, cooking until pork reaches minimum internal temperature, 5-7 minutes per side. Rest, 3 minutes.
- If using **mahi-mahi**, pat dry, halve, and season with half the **garlic salt** and a pinch of **pepper**. Follow same instructions as chicken in Step 3, cooking until mahi-mahi reaches minimum internal temperature, 3-4 minutes per side.

### 1. Prepare the Ingredients

- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Stem, seed, remove ribs, and cut **red bell pepper** into 1" dice.
- Mince **garlic**.
- Pat **chicken breasts** dry, and season both sides with half the **garlic salt** (reserve remaining for sauce) and a pinch of **pepper**. Top one side evenly with 1/3 the **mayonnaise** (reserve remaining for aioli), then **panko**, pressing gently to adhere.

### 2. Roast the Vegetables

- Place **Brussels sprouts** and **red bell pepper** on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer and place Brussels sprouts cut-side down. Roast in hot oven until tender and browned, 14-16 minutes.
- While vegetables roast, cook chicken.



### 3. Cook the Chicken

- Place a medium non-stick pan over medium heat and add 4 tsp. **olive oil**. Add **chicken breasts** to hot pan, panko side down, and cook until browned, 3-4 minutes.
- Flip, and cook until chicken reaches a minimum internal temperature of 165 degrees, 6-8 minutes.
- Remove from burner. Remove chicken to a plate and tent with foil. Wipe pan clean and reserve.



### 4. Make the Maple Mustard Sauce

- Return pan used to cook chicken to medium heat. Add **maple syrup** and remaining **garlic salt** to hot pan. Stir to combine. Bring to a simmer.
- Once simmering, remove from burner. Stir in **mustard** until combined.



### 5. Make Aioli and Finish Dish

- Mix **garlic** (to taste), remaining **mayonnaise**, and 1 tsp. **water** in a mixing bowl until completely combined.
- Plate dish as pictured on front of card, topping **chicken** with **maple mustard sauce** and **vegetables** with aioli. Bon appétit!