



### In your box

- ¼ oz. Parsley
- ½ oz. Dijon Mustard
- .6 oz. Butter
- 1 ½ oz. Roasted Pecans
- 16 oz. Carrot
- 🔪 2 tsp. BBQ Spice Rub
- 2 tsp. Chicken Demi-Glace Concentrate

### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 14 oz. Duroc Boneless Pork Chops
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

\*Contains: milk, tree nuts (pecans)

### You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Baking Sheet, Mixing Bowl, 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



## Pecan-Crusted Chicken

with BBQ-spiced carrots

NUTRITION per serving—Calories: 546, Carbohydrates: 28g, Sugar: 12g, Fiber: 8g, Protein: 43g, Sodium: 1516mg, Fat: 30g, Saturated Fat: 7g  
 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

**30-40 min.**

Cook Within

**5 days**

Difficulty Level

**Intermediate**

Spice Level

**Mild**

## 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
- Ingredient(s) used more than once: **parsley, Dijon, butter**



## Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Steps 1 and 2, adding **topping** and roasting until pork reaches minimum internal temperature, 12-14 minutes. Rest, 3 minutes.
- If using **ribeye**, follow same instructions as chicken in Step 1. In Step 2, sear **steak** with 2 tsp. **olive oil** in a medium non-stick pan over medium-high heat until browned on one side, 3-4 minutes. Transfer steak to baking sheet, seared side up, and add topping. Roast until steak reaches minimum internal temperature, 10-12 minutes. Rest, 3 minutes. Halve to serve.

### 1. Prepare the Ingredients

- Chop **pecans** into pebble-sized pieces, if necessary.
- Stem and mince **parsley**.
- Peel, trim, and cut **carrot** on an angle into ¼" slices.
- Combine pecans, parsley (reserve a pinch for garnish), ¼ tsp. **olive oil**, and a pinch of **salt** and **pepper** in a mixing bowl. Set aside.
- Pat **chicken breasts** dry, and season both sides with a pinch of salt and pepper.

### 2. Roast the Chicken

- Place **chicken breasts** on prepared baking sheet. Cover chicken evenly with half the **Dijon** (reserve remaining for sauce). Top with **pecan mixture**, pressing firmly to adhere.
- Roast in hot oven until pecans are lightly browned and chicken reaches a minimum internal temperature of 165 degrees, 17-20 minutes.
- While chicken roasts, cook carrot.



### 3. Start the Carrot

- Heat 1 tsp. **olive oil** in a large non-stick pan over medium-high heat. Add **carrot** to hot pan and stir occasionally until lightly browned, 2-3 minutes.
- Add ¼ cup **water** and a pinch of **salt** and **pepper**. Cover, and reduce heat to medium. Cook until carrot is tender and water has mostly evaporated, 2-3 minutes.



### 4. Finish the Carrot

- Uncover hot pan, and add half the **butter** (reserve remaining for sauce) and **seasoning rub**.
- Stir constantly until **carrot** is glazed and evenly coated in rub, 1-2 minutes.
- Remove from burner. Transfer carrot to a plate. Reserve pan; no need to wipe clean.



### 5. Make Sauce and Finish Dish

- Return pan used to cook carrot to medium-high heat.
- Add ¼ cup **water**, **demi-glace**, and remaining **Dijon** to hot pan. Bring to a boil.
- Once boiling, remove from burner and stir in remaining **butter**.
- Plate dish as pictured on front of card, topping sauce with **chicken** and garnishing chicken with reserved **parsley**. Bon appétit!