



### In your box

- 2 oz. Roasted Red Peppers
- 1 oz. Balsamic Vinegar
- 1 Red Onion
- 4 oz. Light Cream
- 1 tsp. Seasoned Salt Blend
- 1 tsp. Sugar
- 8 oz. Brussels Sprouts

### Customize It Options

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

\*Contains: milk

### You will need

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

### Minimum Internal Protein Temperature

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

## Classic Meal Kit



# Roasted Red Pepper Chicken

with onion jam Brussels sprouts

NUTRITION per serving—Calories: 546, Carbohydrates: 27g, Sugar: 14g, Fiber: 5g, Protein: 42g, Sodium: 1716mg, Fat: 30g, Saturated Fat: 11g  
 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

**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

### Customize It Instructions

- If using **ribeye**, follow same instructions as chicken in Steps 1 and 3, searing until browned on one side, 3-4 minutes, then transferring to baking sheet, seared side up, and roasting until steak reaches minimum internal temperature, 10-12 minutes. Rest, 3 minutes. Halve to serve.
- If using **filets mignon**, follow same instructions as chicken in Steps 1 and 3, searing until browned on one side, 2-3 minutes, then transferring to baking sheet, seared-side up, and roasting until steaks reach minimum internal temperature, 12-14 minutes. Rest, 3 minutes.
- If using **salmon**, pat dry and season flesh side with **seasoned salt**. Follow same instructions as chicken in Step 3, searing, skin side up, until browned on one side, 2-4 minutes, then transferring to baking sheet, seared-side up, and roasting until salmon reach minimum internal temperature, 7-10 minutes.



### 1. Prepare the Ingredients

- Trim stems off **Brussels sprouts** and slice into thin strips.
- Halve and peel **onion**. Slice halves into thin strips.
- Mince **roasted red peppers**.
- Pat **chicken breasts** dry, and season both sides with **seasoned salt**.



### 2. Start the Brussels Sprouts

- Place **Brussels sprouts** on prepared baking sheet and toss with 2 tsp. **olive oil** and a pinch of **salt**.
- Spread into a single layer on one side (some overlap is OK) and roast in hot oven, 8 minutes.
- Remove from oven. *Brussels sprouts will finish cooking in a later step.*
- While Brussels sprouts roast, sear chicken.



### 3. Cook Chicken and Finish Brussels Sprouts

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **chicken breasts** to hot pan and cook undisturbed until browned on one side, 4-5 minutes.
- Transfer chicken, seared side up, to empty half of baking sheet. Wipe pan clean and reserve.
- Roast in hot oven until Brussels sprouts are tender and chicken reaches a minimum internal temperature of 165 degrees, 8-10 minutes.
- While chicken and Brussels sprouts roast, make onion jam.



### 4. Make the Onion Jam

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **onion** to hot pan and stir occasionally until caramelized (deep brown), 6-8 minutes.
- Stir in **sugar** and **balsamic vinegar** and cook until liquid is almost entirely evaporated, 30-60 seconds.
- Remove from burner.



### 5. Make Sauce and Finish Dish

- Return pan used to cook chicken to medium heat and add 1 tsp. **olive oil**. Add **roasted red peppers** to hot pan and cook until warm, 30-60 seconds.
- Add **cream** and a pinch of **salt**. Bring to a boil. Once boiling, stir occasionally until thickened, 2-3 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, spooning **sauce** over **chicken** and topping **Brussels sprouts** with **onion jam**. Bon appétit!