



In your box

- 2 oz. Dark Brown Sherry Cooking Wine
- ¼ oz. White Balsamic Vinegar
- 1 Yellow Onion
- 3 Thyme Sprigs
- 4 oz. Grape Tomatoes
- 1 cup Panko Breadcrumbs
- 1 ½ oz. Swiss Cheese Slices
- 5 oz. Baby Spinach
- 1 tsp. Sugar

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (1 Steak, Serves 2)
- 12 oz. Sirloin Steaks
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

- Olive Oil, Salt, Pepper
- Mixing Bowl,
- Medium Oven-Safe Non-Stick Pan

Minimum Internal Protein Temperature

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

Classic Meal Kit



French Onion Chicken

with spinach salad and white balsamic vinaigrette

NUTRITION per serving—Calories: 617, Carbohydrates: 29g, Sugar: 11g, Fiber: 5g, Protein: 48g, Sodium: 1676mg, Fat: 31g, Saturated Fat: 8g
 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

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 **450 degrees**

Customize It Instructions

- If using **sirloin**, follow same instructions as chicken in Steps 1, 3, and 4, coating just one side in **panko**. Sear, panko-side down, until browned on one side, 2-3 minutes, then flip steak and roast, 8 minutes. Carefully remove from oven, add **topping**, and roast again until topping is melted and steak reaches minimum internal temperature, 2-3 minutes. Rest, 3 minutes.
- If using **NY strip steak**, follow same instructions as chicken in Steps 1, 3, and 4, coating just one side in panko. Sear, panko-side down, until browned on one side, 2-3 minutes, then flip steak and roast, 8 minutes. Add topping and roast again until cheese is melted and steak reaches minimum internal temperature, 2-3 minutes. Rest, 3 minutes. Halve to serve.



1. Prepare the Ingredients

- Peel and halve **onion**. Slice into thin strips.
- Stem **thyme**.
- Halve **tomatoes**.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.



2. Caramelize the Onion

- Place a medium oven-safe non-stick pan over medium-high heat. Add 1 tsp. **olive oil** and **onion** in a thin layer to hot pan. (Some overlap is ok.) Reduce heat to medium-low and cook undisturbed until beginning to brown, 6-8 minutes.
- Season with a pinch of **salt** and **pepper**, then stir often until onions are a deep golden brown, 5-6 minutes.
- Add **thyme** and **sherry wine**. Cook until wine has evaporated, 2-3 minutes.
- Transfer onion to a plate. Wipe pan clean and reserve.



3. Coat and Sear the Chicken

- Mix **panko** and ¼ tsp. **salt** on a plate.
- Add a **chicken breast** to panko and coat completely, pressing firmly to adhere. Shake gently to remove excess. Repeat with second chicken breast.
- Return pan used to caramelize onions to medium-high heat. Add 1 Tbsp. **olive oil** and chicken breasts to hot pan. Sear undisturbed until lightly browned, 2-3 minutes on one side.



4. Roast the Chicken

- Flip **chicken**, and place pan in hot oven. Roast until chicken reaches a minimum internal temperature of 165 degrees, 9-11 minutes.
- Carefully remove pan from oven. *Pan will be hot! Use an oven mitt.* Top chicken evenly with **onions**, then **cheese**.
- Roast again until cheese melts, 2-3 minutes.
- Remove from oven and rest, 5 minutes.
- While chicken rests, make salad.



5. Finish the Dish

- Add **white balsamic vinegar**, **sugar**, 5 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** to a mixing bowl and whisk or stir vigorously to combine.
- Add **spinach** and **tomatoes** and toss or gently stir until combined and coated.
- Plate dish as pictured on front of card. Bon appétit!