



In your box

- 1 oz. Crumbled Bacon
- 3 oz. Corn Kernels
- .3 oz. Butter
- 1 tsp. Cornstarch
- 3 oz. Corn Muffin Mix
- 6 Chive Sprigs
- 4 tsp. Chicken Demi-Glace Concentrate
- 1 fl. oz. Honey
- 4 oz. Kale

Customize It Options

- 12 oz. Boneless Skinless Chicken Breasts
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)
- 13½ oz. Organic 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

3 Mixing Bowls, Muffin Tin, Medium Non-Stick Pan, Medium Pot

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

Culinary Collection



Chicken Breast and Herbed Gravy

with bacon-braised kale and corn muffins

NUTRITION per serving—Calories: 660, Carbohydrates: 64g, Sugar: 16g, Fiber: 3g, Protein: 46g, Sodium: 1500mg, Fat: 26g, 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

35-45 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
- Move oven rack to **middle** position
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes
- Set **butter** on counter to soften
- Prepare a muffin tin with cooking spray



Customize It Instructions

- If using **ribeye**, follow same instructions as chicken in Steps 1 and 3, cooking until steak reaches minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes. Halve to serve.

1. Prepare Ingredients and Make Honey Butter

- Stem **kale** and coarsely chop.
- Mince **chives**.
- Combine **honey** and **softened butter** in a mixing bowl. Refrigerate until plating.
- In another mixing bowl, combine **corn muffin mix**, $\frac{1}{4}$ cup **water**, **corn**, and a pinch of **pepper** until a thick batter forms. *If too thick, add water, 1 tsp. at a time, until desired consistency is reached.*
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and pepper.

2. Bake the Muffins

- Divide **batter** evenly into four cups of prepared muffin tin. *Batter should just reach the top of cups.*
- Place on middle rack in hot oven and bake until muffin tops are lightly browned and start to crack, 15-17 minutes.
- While muffins bake, cook chicken.



3. Cook the Chicken

- Place a medium non-stick pan over medium heat and add 2 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 chicken to a plate and tent with foil. Wipe pan clean and reserve.
- While chicken cooks, cook kale.



4. Cook the Kale

- Heat 1 tsp. **olive oil** in a medium pot over medium heat. Add **bacon** to hot pot and stir occasionally until lightly crisped, 3-5 minutes.
- Add **kale** and $\frac{1}{4}$ cup **water** and cook undisturbed until water is steaming, 1-2 minutes.
- Once steaming, cover, and turn heat to low. Stir occasionally until kale is tender, 5-8 minutes.
- Remove from burner. Season with a pinch of **pepper**.



5. Make Sauce and Finish Dish

- In another mixing bowl, combine $\frac{1}{4}$ cup **water**, **demi-glace**, and **cornstarch** until cornstarch is dissolved.
- Return pan used to cook chicken to medium heat. Add cornstarch mixture to hot pan and bring to a simmer.
- Once simmering, remove from burner. Stir in **chives**. *If sauce is too thick, add water, 1 Tbsp. at a time, until desired consistency is reached.*
- Plate dish as pictured on front of card, topping **chicken** with **sauce** and **muffins** with **honey butter**. Bon appétit!