



### In your box

- 1 fl. oz. Brewpub Style Mustard
- 15 oz. Mashed Potatoes
- ¼ cup Pretzel Crumble
- 1 oz. Shredded White Cheddar Cheese
- ¾ oz. Roasted Garlic & Herb Butter
- ¼ oz. Parsley

### Customize It Options

- 12 oz. Boneless Skinless Chicken Breasts
- 13½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Boneless Pork Chops

*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

### 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.

Oven-Ready



# Mustard Pretzel Crusted Chicken

with garlic and herb white cheddar mashed potatoes

NUTRITION per serving—Calories: 710, Carbohydrates: 49g, Sugar: 4g, Fiber: 4g, Protein: 45g, Sodium: 1730mg, Fat: 36g, Saturated Fat: 15g  
 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

**Easy**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry



### 1. Add the Mashed Potatoes

- Turn oven on to 400 degrees. Let preheat, at least 10 minutes. Thoroughly rinse any fresh produce and pat dry.
- Combine **mashed potatoes** and **cheese** and push to one side of provided tray. Make a small dent in middle of potatoes and place **butter** in dent.



### 2. Add the Chicken

- Pat **chicken** dry and place in empty side of tray.
- Spread 2 tsp. **mustard** (reserve remaining for garnish) evenly on chicken. Top with **pretzel crumble**, pressing gently to adhere, then 1 tsp. **olive oil**.

## Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Steps 2 and 3, baking uncovered in hot oven until pork reaches minimum internal temperature, 23-27 minutes. Rest, 3 minutes.



### 3. Bake the Meal

- Bake uncovered in hot oven until **chicken** reaches a minimum internal temperature of 165 degrees, 20-25 minutes.
- While meal bakes, stem **parsley**, reserving leaves whole.
- Carefully remove from oven. Top chicken with remaining **mustard** (using clean utensil that did not touch chicken) and **mashed potatoes** with parsley leaves. Bon appétit!