

LIMITED  
TIME  
ONLY



#### In your box

- .6 oz. Butter
- 12 oz. Boneless Skinless Chicken Breasts
- ½ cup Seasoned Wild Rice Blend
- ¼ oz. Parsley
- 4 oz. Cremini Mushrooms
- 2 tsp. Chicken Demi-Glace Concentrate
- 1 Shallot
- ¼ oz. Dijon Mustard

*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, Pepper
- Medium Non-Stick Pan, Medium Pot

#### Minimum Internal Protein Temperature

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

Classic Meal Kit

skinnytaste®  
with  HOME CHEF

## Chicken with Mushroom-Shallot Sauce and wild rice

NUTRITION per serving—Calories: 474, Carbohydrates: 43g, Sugar: 5g, Fiber: 2g, Protein: 41g, Sodium: 1194mg, Fat: 15g, Saturated Fat: 6g  
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

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
- Ingredient(s) used more than once: **parsley**



### 1. Cook the Wild Rice

- Bring a medium pot with **wild rice** and 1 cup **water** to a boil. Lower to a simmer, cover, and cook until tender, 20-23 minutes.
- *If water remains after 23 minutes, keep cooking, 5 minutes.*
- Remove from burner and set aside covered.
- While rice cooks, prepare ingredients.



### 2. Prepare the Ingredients

- Coarsely chop **mushrooms**.
- Stem and coarsely chop **parsley**.
- Peel and mince **shallot**.
- Pat **chicken** dry. On a separate cutting board, cover chicken with plastic wrap and pound with a heavy object into an even thickness. *Feel free to use a disposable gallon-size bag instead of wrap.* Remove plastic wrap. Season chicken on both sides with a pinch of **pepper**.



### 3. Cook the Chicken

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **chicken** to hot pan and cook until golden brown and chicken reaches a minimum internal temperature of 165 degrees, 4-5 minutes per side.
- Remove from burner. Remove chicken to a plate and tent with foil. Reserve pan; no need to wipe clean.



### 4. Make the Sauce

- Return pan used to cook chicken to medium heat. Add **butter** to hot pan and let melt.
- Once butter is melted, add **shallot** and stir occasionally until tender, 2-4 minutes.
- Stir in **mushrooms, demi-glace, mustard**, half the **parsley** (reserve remaining for garnish), ½ cup **water**, and a pinch of **pepper**. Bring to a simmer.
- Once simmering, stir occasionally until mushrooms are tender, 5-7 minutes.
- *If sauce is too dry, add additional 1-2 Tbsp. water.* Remove from burner.



### 5. Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **sauce** and garnishing with remaining **parsley**. Bon appétit!