



Culinary Collection

### In your box

- ½ oz. Crumbled Bacon
- 6 fl. oz. Canola Oil
- ½ cup Panko Breadcrumbs
- ½ oz. Flour
- ½ fl. oz. Honey
- 6 oz. Trimmed Green Beans
- 2 Russet Potatoes
- 2 oz. Gold BBQ Sauce
- 2 oz. Shredded Swiss Cheese

### Customize It Options

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

*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
- 2 Large Non-Stick Pans, Baking Sheet, 2 Mixing Bowls

### 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.



# Fried Chicken and Honey Gold BBQ Sauce

with cordon bleu potatoes and green beans

NUTRITION per serving—Calories: 940, Carbohydrates: 74g, Sugar: 17g, Fiber: 6g, Protein: 54g, Sodium: 1480mg, Fat: 50g, Saturated Fat: 10g  
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	Cook Within	Difficulty Level	Spice Level
50-60 min.	5 days	Expert	Not Spicy



## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Turn oven on to **425 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil and generously coat with cooking spray
- Upon delivery, remove **potatoes** from meal bag and store at room temperature

## Customize It Instructions

- If using **mahi-mahi**, pat dry and halve. Follow same instructions as chicken in Steps 3 and 4, skipping pounding step, coating fish, and cooking until fish reaches minimum internal temperature, 3-4 minutes per side.
- If using **pork chops**, follow same instructions as chicken in Steps 3 and 4, cooking until pork reaches minimum internal temperature, 3-4 minutes per side. Rest, 3 minutes.



### 3. Prepare the Chicken

- Pat **chicken breasts** dry.
- Cover chicken breasts with plastic wrap and use a heavy object to pound to an even ½" thickness.
- Unwrap chicken. Combine 2 Tbsp. **water** and **flour** in another mixing bowl until no lumps remain. Place **panko** on a plate.
- Add pounded chicken to water-flour mixture and coat completely. Transfer to plate with panko and flip until coated, pressing gently to adhere.
- Place coated chicken on a plate. Repeat with second piece.



### 1. Make the Cordon Bleu Potatoes

- Halve **potatoes**. Cut halves into ½" half-moons.
- Place potato slices on prepared baking sheet and toss with 2 tsp. **olive oil** and ¼ tsp. **salt**. Massage oil and salt into potatoes.
- Spread into a single layer and roast in hot oven until browned and tender, 25-30 minutes, flipping once halfway through.
- Carefully remove baking sheet from oven and push potatoes together. Top with **cheese** and **bacon**. *Baking sheet will be hot; use a utensil.* Roast again until cheese melts and bacon is crispy, 3-5 minutes.
- While potatoes roast, make BBQ sauce.



### 4. Fry the Chicken

- Line a plate with a paper towel. Place a large non-stick pan over medium-high heat and add **canola oil**. Let heat, 5 minutes.
- After 5 minutes, test **oil** temperature by adding a pinch of **panko** to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.
- Lay **chicken breasts** away from you in hot oil and flip every 4-5 minutes until golden brown and chicken reaches a minimum internal temperature of 165 degrees, 8-10 minutes.
- Transfer chicken to towel-lined plate.
- While chicken cooks, cook green beans.



### 2. Make the BBQ Sauce

- Combine **BBQ sauce**, half the **honey**, and a pinch of **pepper** in a mixing bowl. Taste, and add remaining honey, if desired. Set aside.



### 5. Cook Green Beans and Finish Dish

- Place another large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **green beans** to hot pan and stir occasionally until lightly browned, 4-5 minutes.
- Stir in ¼ cup **water**, ¼ tsp. **salt**, and a pinch of **pepper**. Cover, and cook until green beans are tender, 4-5 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **chicken** with **sauce**. Bon appétit!