



In your box

- 1 oz. Shredded Cheddar Cheese
- 4 Butter Crackers
- 8 oz. Broccoli Florets
- ½ oz. Dijon Mustard
- 1.26 oz. Mayonnaise
- 1 tsp. Sriracha
- 6 Chive Sprigs
- 1 Red Bell Pepper

Customize It Options

- 12 oz. Boneless Skinless Chicken Breasts
- 12 oz. Filets Mignon
- 12 oz. Sirloin Steaks
- 12 oz. Mahi-Mahi Fillets
- 12 oz. Salmon 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
- Medium Non-Stick Pan, 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	

Rest steak or pork after cooking, 3 minutes.

15 Minute Meal Kit



Spicy Dijonnaise Chicken

with cheesy broccoli and peppers

NUTRITION per serving—Calories: 530, Carbohydrates: 19g, Sugar: 7g, Fiber: 5g, Protein: 43g, Sodium: 1390mg, 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

15 min.

Cook Within

4 days

Difficulty Level

Easy

Spice Level

Mild

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat the broiler

Customize It Instructions

- If using **sirloin steaks**, follow same instructions as chicken in Step 1, cooking until steaks reach minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes.
- If using **mahi-mahi**, pat dry, halve, and season with a pinch of **salt** and **pepper**. Follow same instructions as chicken in Step 1, cooking until mahi-mahi reaches minimum internal temperature, 3-4 minutes per side.
- If using **salmon**, pat dry and season flesh side with a pinch of salt and pepper. Follow same instructions as chicken in Step 1, cooking, skin-side up first, until salmon reaches minimum internal temperature, 4-6 minutes per side.
- If using **filets mignon**, follow same instructions as chicken in Step 1, cooking until browned and steaks reach minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes.



1. Cook the Chicken

- Pat **chicken** dry, and season both sides with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add chicken to hot pan. Cover, and cook covered until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove from burner. Rest chicken, 3 minutes.
- While chicken cooks, prepare and cook vegetables.



2. Start the Vegetables

- Stem, seed, remove ribs, and cut **red bell pepper** into thin strips.
- Place a medium oven-safe non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **broccoli**, red bell pepper, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan and stir until broccoli is coated in seasoning.
- Add ¼ cup **water**. Cover, and cook undisturbed until broccoli is tender and water has evaporated, 4-6 minutes.



3. Finish the Vegetables

- While vegetables cook, coarsely crush **crackers**.
- Remove pan with **vegetables** from burner. Uncover, and top evenly with **cheese** and crackers.
- Place pan under hot broiler and broil until cheese is melted, 1-2 minutes.
- *Don't text and broil! Keep an eye on oven as crackers may burn easily under broiler.*
- Carefully remove from broiler. *Pan handle will be hot; use an oven mitt!*



4. Make Sauce and Finish Dish

- Thinly slice **chives**.
- In a mixing bowl, combine chives, **mayonnaise**, **Dijon**, and **Sriracha** (to taste).
- Plate dish as pictured on front of card, topping **chicken** with sauce. Bon appétit!