



### In your box

4 fl. oz. Cream Sauce Base  
3 Zucchini  
1 oz. Julienned Sun-Dried Tomatoes  
½ oz. Crispy Fried Onions  
1 oz. Grated Parmesan  
½ oz. Dijon Mustard  
**Customize It Options**  
12 oz. Boneless Skinless Chicken Breasts  
10 oz. Ahi Tuna Steaks  
12 oz. Sirloin Steaks  
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, Salt, Pepper, Cooking Spray

Baking Sheet, 2 Small Oven-Safe Casserole Dishes, Large Non-Stick Pan

### Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
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160°	Ground Beef	Ground Pork	
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165°	Chicken	Ground Turkey	
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Rest steak or pork after cooking, 3 minutes.

### Classic Meal Kit



## Chicken and Dijon Cream

with zucchini and sun-dried tomato gratin

NUTRITION per serving—Calories: 540, Carbohydrates: 16g, Sugar: 8g, Fiber: 2g, Protein: 45g, Sodium: 1470mg, Fat: 33g, Saturated Fat: 13g  
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  
**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
- Turn oven on to **400 degrees**. Let preheat, at least 10 minutes
- Prepare a baking sheet with foil
- Prepare two small casserole dishes with cooking spray
- Ingredient(s) used more than once: **cream base**

## Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Step 4, cooking until pork reaches minimum internal temperature, 4-6 minutes per side. Rest 3 minutes.
- If using **sirloin steaks**, follow same instructions as chicken in Step 4, cooking until steaks reach minimum internal temperature, 4-6 minutes per side. Rest, 3 minutes.
- If using **ahi tuna**, follow same instructions as chicken in Step 4, cooking until tuna reaches minimum internal temperature, 4-5 minutes per side. *Tuna is often enjoyed medium-rare (pink in the middle). For medium-rare, cook 1-2 minutes per side. Consuming raw or undercooked tuna may increase your risk for food-borne illness.*



### 1. Prepare the Ingredients

- Trim zucchini ends and slice on an angle into  $\frac{1}{2}$ " rounds.
- Cut sun-dried tomatoes into  $\frac{1}{4}$ " pieces.
- Coarsely crush crispy onions.



### 2. Cook the Zucchini

- Place a large non-stick pan over high heat and add 2 tsp. olive oil.
- Add zucchini to hot pan. Stir often until browned but still crisp, 2-3 minutes.
- Remove from burner and stir in sun-dried tomatoes and a pinch of salt and pepper.



### 3. Make the Gratin

- Place prepared casserole dishes on prepared baking sheet to catch any drips. Transfer **zucchini mixture** to casserole dishes. Wipe pan clean and reserve. Pour 1 Tbsp. **cream base** (reserve remaining for sauce) over each dish and top evenly with **cheese**.
- Bake in hot oven until golden brown, 8-12 minutes.
- Carefully remove from oven. Rest baked gratin, 5 minutes, then top with **crispy onions**.
- While gratin bakes, cook chicken.



### 4. Cook the Chicken

- Return pan used to cook zucchini to medium-high heat and add 2 tsp. olive oil.
- Pat chicken dry.
- Add chicken to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove from burner. Transfer chicken to a plate and rest, 3 minutes.
- Reserve pan; no need to wipe clean.

### 5. Make Sauce and Finish Dish

- Return pan used to cook chicken to medium-high heat.
- Add 2 Tbsp. water, reserved cream base, and any accumulated juices from resting chicken. Bring to a boil.
- Once boiling, remove from burner. Stir in mustard and a pinch of salt. Sauce will thicken as it cools.
- Plate dish as pictured on front of card, topping chicken with sauce. Bon appétit!