



# Pecan-Crusted Chicken

WITH BRUSSELS SPROUTS AND APPLES

Express Plus



## Prep & Cook Time

20-30 MIN

## Cook Within

4 DAYS

## Difficulty Level

INTERMEDIATE

## Spice Level

NOT SPICY

## You Will Need

Olive Oil, Cooking Spray  
Medium Non-Stick Pan,  
Baking Sheet, Mixing Bowl,  
Microwave-Safe Bowl

## 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.

## Ingredients

10 oz. Mashed Potatoes  
4 oz. Shredded Brussels Sprouts  
.84 oz. Mayonnaise  
1 oz. Cream Cheese Spread  
½ tsp. Garlic Salt  
1 Fuji Apple  
1 tsp. Garlic Pepper  
½ oz. Roasted Pecans

## Customize It Options

12 oz. Boneless Skinless Chicken Breasts  
12 oz. Salmon Fillets  
12 oz. Sirloin Steaks  
12 oz. Boneless Pork Chops  
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

View nutritional information at [www.homechef.com/23068](http://www.homechef.com/23068)

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.



## Before You Cook

All cook times are approximate based on testing.

- If using any 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 cooking spray
- Ingredient(s) used more than once: **garlic salt, mayonnaise**

## Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Steps 1 and 2, searing 2-3 minutes per side, then transferring to baking sheet, adding **topping**, and roasting until pork reaches minimum internal temperature, 4-5 minutes.
- If using **salmon fillets**, pat dry and season flesh side with half the **garlic salt**. Follow same instructions as chicken in Step 2, searing skin-side up, 2-4 minutes, then transferring to baking sheet, seared side up, adding topping, and roasting until salmon reaches minimum internal temperature, 7-10 minutes.
- If using **sirloin steak**, follow same instructions as chicken in Steps 1 and 2, searing 2-3 minutes on one side, then transferring to baking sheet, seared side up, adding topping, and roasting until steak reaches minimum internal temperature, 7-9 minutes. Rest, 3 minutes.



## 1. Prepare Ingredients and Make Sauce

- Quarter **apple** and remove core. Cut into 1/4" slices.
- Coarsely chop **pecans**.
- Pat **chicken** dry and season both sides with half the **garlic salt** (reserve remaining for Brussels sprouts).
- In a mixing bowl, combine half the **mayonnaise** (reserve remaining for chicken), **garlic pepper**, and 1 tsp. **water**. Set aside.



## 2. 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 undisturbed until browned, 2-4 minutes per side.
- Remove from burner. Transfer chicken to prepared baking sheet. Spread remaining **mayonnaise** evenly on each chicken breast and top with **pecans**, pressing gently to adhere. *Chicken will be hot! Use caution.* Reserve pan; no need to wipe clean.
- Roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 8-10 minutes.
- While chicken roasts, continue recipe.



## 4. Heat Mashed Potatoes and Finish Dish

- Add **mashed potatoes** and **cream cheese** to a microwave-safe bowl. *Cream cheese will melt as potatoes heat.* Microwave uncovered until potatoes are heated through and cream cheese melts, 1-2 minutes.
- Carefully remove from microwave. Stir vigorously to combine.
- Plate dish as pictured on front of card, topping **chicken** with **sauce**. Bon appétit!



## 3. Cook the Brussels Sprouts and Apples

- Return pan used to cook chicken to medium heat and add 1 tsp. **olive oil**. Add **apples** to hot pan and stir occasionally until apples start to soften, 1-2 minutes.
- Add **Brussels sprouts** and remaining **garlic salt**. Stir occasionally until Brussels sprouts are tender and apples have slightly caramelized, 2-3 minutes.
- Remove from burner.
- While Brussels sprouts and apples cook, continue recipe.