



In your box

- 8 oz. Carrot
- .6 oz. Butter
- 8 oz. Green Beans
- 4 oz. Light Cream
- 2 tsp. Powdered Ranch Seasoning

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Sirloin Steaks
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Colander, Medium Non-Stick Pan, Small Pot, Baking Sheet



Buttermilk-Ranch Chicken

with mashed carrot and green beans

NUTRITION per serving—Calories: 500, Carbohydrates: 21g, Fat: 28g, Protein: 41g, Sodium: 1651mg.
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

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Bring a small pot of **water** to a boil
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **ranch seasoning**

Customize It Instructions

- If using **sirloin steaks**, follow same instructions as chicken in Steps 1 and 4, cooking until steaks reach minimum internal temperature, 5-7 minutes per side.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Peel, trim, and cut **carrot** into ½" pieces.
- Trim ends off **green beans**.
- Pat **chicken breasts** dry, and season both sides with half the **ranch seasoning** (reserve remaining for sauce).



2

Roast the Green Beans

- Place **green beans** on prepared baking sheet. Toss with 1 tsp. **olive oil**, a pinch of **salt**, and ¼ tsp. **pepper**.
- Spread into a single layer and roast in hot oven until tender and slightly caramelized, 15-18 minutes.
- While green beans roast, make mashed carrots.



3

Make the Mashed Carrots

- Add **carrots** to boiling water and cook until very fork-tender, 12-15 minutes.
- Drain in a colander and return to pot. Add **butter** and mash until smooth. Season with a pinch of **salt** and **pepper**. Cover and set aside.
- While carrot cooks, cook chicken.



4

Cook the Chicken

- Heat 1 tsp. **olive oil** in a medium non-stick pan over medium heat. 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 5 minutes. Reserve pan; no need to wipe clean.
- While chicken rests, make sauce.



5

Make Sauce and Finish Dish

- Return pan used to cook chicken to medium heat. Add **cream** and remaining **ranch seasoning** to hot pan. Bring to a simmer.
- Once simmering, stir occasionally until thick enough to coat the back of a spoon, 3-4 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, serving sauce over **chicken**. Bon appétit!