



Orange-Maple Chicken

WITH THYME GREEN BEANS

Express



Prep & Cook Time

15 MIN

Cook Within

4 DAYS

You Will Need

Olive Oil, Salt
Medium Non-Stick Pan, Large
Non-Stick Pan

Ingredients

- 1 Navel Orange
- 3 Thyme Sprigs
- 12 oz. Green Beans
- 1 tsp. Onion Salt
- 2 Garlic Cloves
- 1 fl. oz. Pure Maple Syrup
- **Customize It Options**
- 12 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic Free Boneless Skinless Chicken Breast
- 10 oz. Filets Mignon
- 12 oz. Salmon Fillets

Difficulty Level

EXPERT

Spice Level

NOT SPICY

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef	Ground Pork	Impossible Burger	
165°	Chicken		Ground Turkey	

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/37009

*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, sesame, 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.

- Wash hands thoroughly with soap and warm water before cooking and after handling raw meat or seafood
- Remove all produce from any packaging or constraints, then thoroughly rinse and pat dry
- Ingredient(s) used more than once: **onion salt**

Customize It Instructions

- If using **filets mignon**, pat dry. Cook until steak reaches desired doneness, or 4-6 minutes per side for medium/medium-well. Rest, 3 minutes. *Steak thickness can vary; if you receive a thinner steak, we recommend checking for doneness sooner.*
- If using **salmon**, pat dry. Add salmon, skin-side up first, and cook until salmon reaches minimum internal temperature, 4-6 minutes per side.



1. Cook the Chicken

- Pat **chicken** dry and season all over with half the **onion salt** (reserve remaining for green beans).
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. 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 tent with foil. Wipe pan clean and reserve.
- While chicken cooks, continue recipe.



2. Prepare the Ingredients

- Trim **green beans**, if necessary.
- Stem **thyme** leaves.
- Halve **orange** and juice.
- Mince **garlic**.



3. Cook the Green Beans

- Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **green beans** to hot pan and cook, 1 minute.
- Add $\frac{1}{4}$ cup **water**. Cover and cook until tender, 6-8 minutes.
- *If green beans need more time, add 2 Tbsp. water, cover, and stir occasionally, 1-3 minutes.*
- Stir in **thyme** and remaining **onion salt** until combined.
- Remove from burner.
- While green beans cook, continue recipe.



4. Make Sauce and Finish Dish

- Return pan used to cook chicken to medium heat. Add **garlic**, **maple syrup**, $\frac{1}{4}$ cup **orange juice**, and a pinch of **salt** to hot pan. Bring to a simmer.
- Once simmering, stir occasionally until thickened, 2-3 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, topping **chicken** with sauce. Bon appétit!