



In your box

6 oz. Cremini Mushrooms
¼ oz. Flour
4 fl. oz. Light Cream
1 oz. Crispy Fried Onions
8 oz. Green Beans

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
4 oz. Bacon
12 oz. Boneless Pork Chops
13 ½ oz. Organic Boneless Skinless Chicken Breasts
12 oz. Filets Mignon
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Mixing Bowl, Large Non-Stick Pan, Baking Sheet



Crispy Onion Chicken

with creamy mushroom sauce and green beans

NUTRITION per serving—Calories: 551, Carbohydrates: 24g, Fat: 32g, Protein: 44g, Sodium: 1619mg.

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

35-45 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**
- ☐ Prepare a baking sheet with foil and cooking spray
- ☐ Ingredient(s) used more than once: **mushrooms**

Customize It Instructions

- If using **boneless pork chop**, follow same instructions as chicken for Steps 1, 2, and 3, roasting until pork reaches minimum internal temperature, 12-14 minutes.
- If using **filets mignon**, follow same instructions as chicken for Steps 1, 2, and 3, roasting until filets reaches minimum internal temperature, 15-17 minutes.
- If using **bacon**, line a plate with a paper towel. Place a medium non-stick pan over medium heat and add bacon to hot pan. Flip occasionally until crisp, 6-8 minutes. Transfer to towel-lined plate to remove excess oil.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Coarsely chop **crispy onions**.
- Cut two **mushrooms** into ¼" dice. Cut remaining mushrooms into ¼" slices, keeping diced and sliced mushrooms separate.
- Trim ends off **green beans**.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and ¼ tsp. **pepper**.



2

Coat the Chicken

- Stir together **flour** and 2 Tbsp. **water** in a mixing bowl until completely combined.
- Place **chicken breasts** on prepared baking sheet and lightly brush tops with flour-water mixture. Top with **crispy onions** and press gently to adhere.



3

Roast the Chicken

- Roast in hot oven until golden brown and **chicken** reaches a minimum internal temperature of 165 degrees, 17-20 minutes.
- While chicken roasts, cook vegetables.



4

Cook the Vegetables

- Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **green beans**, ½ tsp. **salt**, and ¼ tsp. **pepper** to hot pan. Stir occasionally until tender, 4-7 minutes.
- Add 2 tsp. **olive oil** and **sliced mushrooms** to hot pan. Stir occasionally until browned, 3-5 minutes.
- If green beans need more time, add 2 Tbsp. **water** and stir occasionally, 1-3 minutes.
- Transfer vegetables to a plate. Tent with foil.
- Reserve pan; no need to wipe clean.



5

Make Sauce and Finish Dish

- Return pan used to cook vegetables to medium-high heat. Add 1 tsp. **olive oil** and **diced mushrooms** to hot pan. Stir occasionally until lightly browned, 2-4 minutes.
- Add **cream** and bring to a boil. Once boiling, stir often until thick enough to coat the back of a spoon, 1-2 minutes.
- Season with a pinch of **salt** and **pepper**. Remove from burner.
- Plate dish as pictured on front of card, spooning sauce over **chicken**. Bon appétit!