



#### In your box

- 4 oz. Cremini Mushrooms
- 1 oz. Crispy Fried Onions
- 8 oz. Green Beans
- 13 oz. Boneless Skinless Chicken Breasts
- ¼ oz. Flour
- 4 fl. oz. Light Cream



## Crispy Onion Chicken

with creamy mushroom sauce and green beans

NUTRITION per serving—Calories: 545, Carbohydrates: 23g, Fat: 32g, Protein: 43g, Sodium: 1618mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
35-45 min.

Cook Within  
5 days

Difficulty Level ● ● ● ● ●  
Intermediate

Spice Level ● ● ● ● ●  
Not Spicy

## ① You will need

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

## 👑 Before you cook

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

- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **mushrooms**



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### Prepare the Ingredients

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



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### Coat the Chicken

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



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### Roast the Chicken

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



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### Cook the Vegetables

- Place a large non-stick pan over medium-high heat. Add **green beans**, ½ tsp. **salt**, and ¼ tsp. **pepper**. Stir occasionally until tender, 4-7 minutes.
- Add 1 Tbsp. **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.*
- Remove from burner and remove vegetables to a plate. Tent with foil.
- Reserve pan; no need to wipe clean.



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### Make the Sauce

- 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. 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!