



In your box

6 oz. Cremini Mushrooms
1 oz. Crispy Fried Onions
8 oz. Green Beans
2 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: 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

Prep & Cook Time
35-45 min.

Cook Within
5 days

Difficulty Level ● □ □
Easy

Spice Level □ □ □
Not Spicy

🕒 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**



1

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**.



2

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 press to adhere.



3

Roast the Chicken

- Roast in hot oven until **crispy onions** brown and **chicken** reaches a minimum internal temperature of 165 degrees, 17-19 minutes.
- While chicken roasts, cook vegetables.



4

Cook the Vegetables

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



5

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, placing **chicken** on sauce. Bon appétit!