



Almond-Topped Chicken

WITH HONEY-ORANGE BRUSSELS SPROUTS

Express



Prep & Cook Time

15 MIN

Cook Within

4 DAYS

You Will Need

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

Ingredients

- 1 Navel Orange
- 1 ½ tsp. Poultry Seasoning
- 8 oz. Brussels Sprouts
- 1 fl. oz. Honey
- 1 Yellow Onion
- 1 oz. Roasted Sliced Almonds
- 1 tsp. Seasoned Salt Blend
- **Customize It Options**
- 12 oz. Boneless Skinless Chicken Breasts
- 10 oz. Filets Mignon
- 12 oz. Antibiotic Free Boneless Skinless Chicken Breast
- 12 oz. Salmon Fillets

Difficulty Level

EASY

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/37741

*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: **honey, orange**



1. Cook the Chicken

- Pat **chicken** dry and season both sides with **poultry seasoning**.
- 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.
- While chicken cooks, continue recipe.

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.



2. Prepare the Ingredients

- Zest **orange**, halve, and juice.
- Halve and peel **onion**. Slice halves into thin strips.



3. Cook the Vegetables

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **Brussels sprouts, onions, and seasoned salt** to hot pan. Cover and stir occasionally until tender and browned, 8-10 minutes.
- Remove from burner. Uncover and stir in half the **honey** (reserve remaining for garnish), 1 tsp. **orange zest**, and 2 Tbsp. **orange juice** until combined.
- While vegetables cook, continue recipe.



4. Finish the Dish

- Coarsely crush **almonds** in shipping bag.
- Plate dish as pictured on front of card, topping **chicken** with almonds and remaining **honey**. Bon appétit!