



In your box

- ¼ oz. Parsley
- ½ oz. Dijon Mustard
- .6 oz. Butter
- 1 ½ oz. Pecan Pieces
- 16 oz. Carrot
- 13 oz. Boneless Skinless Chicken Breasts
- 2 tsp. BBQ Spice Rub
- 4 tsp. Chicken Demi-Glace



Pecan-Crusted Chicken

with BBQ-spiced carrots

NUTRITION per serving—Calories: 561, Carbohydrates: 30g, Fat: 29g, Protein: 43g, Sodium: 1556mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 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: **parsley, Dijon, butter**



1

Prepare the Ingredients

- Chop **pecans** into pebble-sized pieces, if necessary.
- Stem and mince **parsley**.
- Peel, trim, and cut **carrot** on an angle into ¼" slices.
- Combine pecans, parsley (reserve a pinch for garnish), ¼ tsp. **olive oil**, and a pinch of **salt** and **pepper** in a mixing bowl. Set aside.
- Pat **chicken breasts** dry, and season both sides with a pinch of salt and ¼ tsp. pepper.



2

Roast the Chicken

- Place **chicken breasts** on prepared baking sheet. Brush with half the **Dijon** (reserve remaining for sauce). Top with **pecan mixture**, pressing firmly to adhere.
- Roast in hot oven until pecans are lightly browned and chicken reaches a minimum internal temperature of 165 degrees, 17-20 minutes.
- While chicken roasts, cook carrot.



3

Start the Carrot

- Heat 1 tsp. **olive oil** in a large non-stick pan over medium-high heat. Add **carrot** to hot pan and stir occasionally until lightly browned, 2-3 minutes.
- Add ¼ cup **water** and a pinch of **salt** and **pepper**. Cover, and reduce heat to medium. Cook until carrot is tender and water has mostly evaporated, 2-3 minutes.



4

Finish the Carrot

- Remove cover and add half the **butter** (reserve remaining for sauce) and **BBQ spice rub**.
- Stir constantly until **carrot** is glazed and evenly coated in rub, 1-2 minutes.
- Remove from burner. Transfer carrot to a plate.
- Reserve pan; no need to wipe clean.



5

Make the Sauce

- Return pan used to cook carrot to medium-high heat.
- Add ¼ cup **water**, **demi-glace**, and remaining **Dijon** to pan. Bring to a boil.
- Once boiling, remove from burner and swirl in remaining **butter**.
- Plate dish as pictured on front of card, topping sauce with **chicken** and garnishing chicken with reserved **parsley**. Bon appétit!