



#### In your box

- 1 Sage Sprig
- 2 Boneless Skinless Chicken Breasts
- 8 oz. Broccoli Florets
- 8 oz. Butternut Squash, Cubed
- 2 oz. Whole Berry Cranberry Sauce, Canned
- 2 tsp. Chicken Demi-Glace

CONTAINS milk



## Sage Chicken with Cranberry Demi-Glace and broccoli and butternut squash

NUTRITION per serving—Calories: 482, Carbohydrates: 33g, Fat: 21g, Protein: 43g, Sodium: 902mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
**25-35 min.**

Cook Within  
**5 days**

Difficulty Level ● ● ○  
**Intermediate**

Spice Level ○ ○ ○ ○  
**Not Spicy**

## 🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, Medium 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 **450 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **sage**



1

### Prepare the Ingredients

- Stem and mince **sage**.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

### Cook the Vegetables

- Place **broccoli** and **butternut squash** on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer and roast until tender, 15-18 minutes.
- While vegetables roast, sear chicken.



3

### Cook the Chicken

- Place a medium non-stick pan over medium heat.
- Add 2 tsp. **olive oil** and **chicken** to hot pan and cook until chicken reaches a minimum internal temperature of 165 degrees, 5-8 minutes per side.
- Remove chicken to a plate and top with half the **sage** (reserve remaining for sauce). Tent with foil.
- Wipe pan clean and reserve.



4

### Make the Sauce

- Return pan used to cook chicken to medium-high heat.
- Add **cranberry sauce**, **demi-glace**, remaining **sage**, and ¼ cup **water** to hot pan and cook until thickened, 1-3 minutes.
- Remove from burner.



5

### Finish the Dish

- Plate dish as pictured on front of card. Bon appétit!