



#### In your box

- 1 Tbsp. Grainy Mustard
- ¼ oz. Parsley
- 12 oz. Green Beans
- 2 Garlic Cloves
- 13 oz. Boneless Skinless Chicken Breasts
- ¼ tsp. Red Pepper Flakes
- 4 fl. oz. Light Cream
- .3 oz. Butter



## Chicken Moutarde

with roasted green beans

NUTRITION per serving—Calories: 522, Carbohydrates: 17g, Fat: 32g, Protein: 42g, Sodium: 1721mg.  
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 ● ○ ○ ○  
Mild

## ① You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, Medium Pan

## ② 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: **grainy mustard**, **parsley**



### Prepare the Ingredients

- Trim ends off **green beans**.
- Mince **garlic**.
- Mince **parsley**, both stems and leaves.
- Pat **chicken breasts** dry, and season both sides with  $\frac{1}{4}$  tsp. **salt** and a pinch of **pepper**.



### Make the Sauce

- Return pan used to sear chicken to medium heat and add **olive oil**. Add **chicken breasts** to hot pan and sear until lightly browned, 2-3 minutes per side.
- Carefully, push **green beans** to one side of baking sheet and place chicken on empty half. Top both chicken breasts with half the **grainy mustard** and half the **parsley** (reserve remaining of both for sauce).
- Roast until green beans are tender and chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- Reserve pan; no need to wipe clean.



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### Cook Chicken and Finish Green Beans



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