



- 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

👑 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**



1

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 ¼ tsp. **salt** and a pinch of **pepper**.



2

Start the Green Beans

- Place **green beans** on prepared baking sheet and toss with **garlic**, 1 Tbsp. **olive oil**, ½ tsp. **salt**, ¼ tsp. **pepper**, and **red pepper flakes** (to taste).
- Spread into a single layer and roast in hot oven, 6 minutes.
- Remove from oven. *Green beans will finish cooking in a later step.*
- While green beans roast, sear chicken.



3

Cook Chicken and Finish Green Beans

- Place a medium pan over medium heat and add 2 tsp. **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.



4

Make the Sauce

- Return pan used to sear chicken to medium heat and add **cream** and remaining **grainy mustard**. Stir until mustard is fully combined.
- Bring to a rolling boil. Stir occasionally until slightly thickened, 1-2 minutes.
- *Rolling means more than a few bubbles; a rolling boil means liquid is boiling vigorously.*
- Remove from burner. Swirl in **butter**, remaining **parsley** (reserve a pinch for garnish), and a pinch of **salt**.



5

Finish the Dish

- Plate dish as pictured on front of card, spooning **sauce** over **chicken**. Garnish with reserved **parsley**. Bon appétit!