



In your box

4 oz. Light Cream
½ oz. Grated Parmesan
8 oz. Carrot
8 oz. Parsnip
2 tsp. BBQ Spice Rub
.3 oz. Butter
2 Green Onions

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
13 ½ oz. Organic Boneless Skinless Chicken Breasts
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
12 oz. Boneless Pork Chops

*Contains: milk

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Large Non-Stick Pan, Medium Non-Stick Pan



Chicken in Green Onion Gravy with BBQ root vegetables

NUTRITION per serving—Calories: 569, Carbohydrates: 34g, Fat: 29g, Protein: 43g, Sodium: 1417mg.

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

25-35 min.

Cook Within

5 days

Difficulty Level

Intermediate

Spice Level

Mild

👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- ☐ If using fresh produce, thoroughly rinse and pat dry
- ☐ Preheat oven to **400 degrees**
- ☐ Prepare a baking sheet with foil and cooking spray
- ☐ Ingredient(s) used more than once: **green onions**

Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Steps 1 and 2, and roasting until pork chops reach minimum internal temperature, 10-12 minutes.

Minimum Internal Temperature

Steak 145° | Chicken 165° | Pork 145° | Salmon 145° | Shrimp 145°



1

Prepare the Ingredients

- Trim and thinly slice **green onions**.
- Peel, trim, and cut **carrot** and **parsnip** on an angle into ¼" slices.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Roast the Chicken

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **chicken breasts** to hot pan and cook undisturbed until golden brown, 4-5 minutes.
- Transfer chicken to prepared baking sheet, seared side up. Roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- Wipe pan clean and reserve.
- While chicken roasts, cook vegetables.



3

Start the Vegetables

- Place a large non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **carrot** and **parsnip** to hot pan and stir occasionally until slightly charred, 4-5 minutes.
- Add 2 Tbsp. **water** and a pinch of **salt** and **pepper**. Cover, and reduce heat to medium. Cook until carrot is tender and water has mostly evaporated, 1-2 minutes.



4

Finish the Vegetables

- Uncover pan, and add **butter** and **BBQ spice rub**.
- Stir constantly until vegetables are glazed and evenly coated in rub, 1-2 minutes.
- Remove from burner.



5

Make Sauce and Finish Dish

- Return pan used to cook chicken to medium heat and add 1 tsp. **olive oil**. Add **green onions** (reserve a pinch for garnish) to hot pan and stir constantly until fragrant, 1-2 minutes.
- Add **cream** and bring to a simmer. Once simmering, stir occasionally until slightly thickened, 2-3 minutes.
- Stir in **Parmesan** and a pinch of **salt** and **pepper**. Remove from burner.
- Plate dish as pictured on front of card, placing **chicken** on sauce and garnishing **vegetables** with remaining green onions. Bon appétit!