



In your box

- 3 oz. Prosciutto
- 12 oz. Green Beans
- 13 oz. Boneless Skinless Chicken Breasts
- 1 Sage Sprig
- 2 Garlic Cloves
- 1 Resealable Gallon-Size Plastic Bag
- 2 tsp. Chicken Demi-Glace
- .3 oz. Butter



Staff Pick

Prosciutto-Wrapped Chicken

with green beans

NUTRITION per serving—Calories: 437, Carbohydrates: 15g, Fat: 20g, Protein: 42g, Sodium: 1633mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
5 days

Difficulty Level ● ● ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Not Spicy

📌 You will need

Olive Oil, Salt, Pepper

Medium Pot, 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!

- Thoroughly rinse produce and pat dry
- Refrigerate **prosciutto** until ready to use
- Ingredient(s) used more than once: **sage**



1

Prepare the Ingredients

- Trim ends off **green beans**.
- Stem **sage**. Set aside four largest leaves and mince remaining leaves.
- Mince **garlic**.
- Pat **chicken breasts** dry and, on a separate cutting board, halve chicken lengthwise. Season both sides with a pinch of **pepper**.



2

Prepare the Chicken

- Remove **prosciutto** from refrigerator. Separate four slices of prosciutto. (The remaining is yours to use as you wish!).
- Place **whole sage leaf** on each prosciutto slice and top with **chicken piece**.
- Open **gallon bag** and place on a clean work surface. Place two prosciutto-sage-chicken pieces in bag and gently pound with a heavy object until ¼”-thick.
- Remove from bag and place on a plate, wrapping any hanging prosciutto over chicken. Repeat with remaining two pieces. Refrigerate.



3

Cook the Green Beans

- Bring a medium pot with ½ cup **water** to a boil over medium-high heat.
- Once boiling, stir in **green beans** and ½ tsp. **salt**. Cover, and stir occasionally until tender, 5-8 minutes.
- While green beans cook, start chicken.



4

Cook the Chicken

- Place a large non-stick pan over medium-high heat and add 1 Tbsp. **olive oil**.
- Place **chicken** in hot pan, **prosciutto** side down, and cook until prosciutto is crispy and brown, 2-3 minutes.
- Lower heat to medium and flip chicken. Cook until chicken reaches a minimum internal temperature of 165 degrees, 3-5 minutes.
- Remove chicken to a plate, tent with foil, and rest at least 3 minutes.
- Reserve pan; no need to wipe clean.



5

Make the Sauce

- Return pan used to cook chicken to medium-high heat and add 1 tsp. **olive oil**. Add **garlic** and cook until aromatic, 30-90 seconds.
- Add **demi-glace**, ¼ cup **water**, **any accumulated juices from resting chicken**, and **minced sage**. Bring to boil and cook until liquid is slightly reduced, 1-2 minutes.
- Remove from burner and swirl in **butter**.
- Plate dish as pictured on front of card, spooning sauce over **green beans** and **chicken**. Bon appétit!