



#### In your box

- 1 oz. Blue Cheese
- ½ tsp. Powdered Ranch Seasoning
- 1 oz. Crispy Fried Onions
- 1 oz. Butter
- 3 tsp. Frank's RedHot Sauce
- 8 oz. Green Beans

#### Customize It Options

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

\*Contains: milk, wheat

#### You will need

- Olive Oil, Salt, Pepper
- 2 Medium Non-Stick Pans, Microwave-Safe Bowl



## Blue Cheese-Crusted Chicken

with ranch green beans

NUTRITION per serving—Calories: 561, Carbohydrates: 17g, Fat: 35g, Protein: 44g, Sodium: 1419mg.

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

15 min.

Cook Within

4 days

Difficulty Level

Easy

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

### Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Steps 1 and 2, cooking until pork reaches minimum internal temperature, 5-7 minutes per side.

#### Minimum Internal Temperature

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



1

### Start the Chicken

- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add chicken breasts to hot pan and sear undisturbed until browned, 5-7 minutes.
- Flip chicken.



2

### Finish the Chicken

- Top **chicken** with **blue cheese** and **crispy onions**. Cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Remove from burner. Remove chicken to a plate and tent with foil.
- While chicken cooks, cook green beans.



3

### Cook the Green Beans

- Place another medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **green beans** to hot pan and stir occasionally until tender, 5-7 minutes.
- *If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes.*
- Stir in **seasoning blend** (to taste) and a pinch of **pepper**. Remove from burner.



4

### Make Buffalo Sauce and Finish Dish

- Place **butter** in a microwave-safe bowl and microwave until melted, 30-60 seconds. Vigorously stir in **hot sauce** (to taste).
- Plate dish as pictured on front of card, drizzling sauce over **chicken**. Bon appétit!