



In your box

- ¼ cup Italian Panko Blend
- 1 tsp. Cornstarch
- 2 oz. Sour Cream
- 1 tsp. Chimichurri Seasoning
- 8 oz. Cubed Butternut Squash
- 8 oz. Brussels Sprouts

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets
- 12 oz. Grass Fed Sirloin Steaks
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts



Rustle & Roast Chicken Breast

with Brussels sprouts and butternut squash hash

NUTRITION per serving—Calories: 526, Carbohydrates: 29g, Fat: 23g, Protein: 43g, Sodium: 1497mg.

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

*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.

Prep & Cook Time

30-40 min.

Cook Within

5 days

Difficulty Level ● ○ ○ ○

Easy

Spice Level ○ ○ ○ ○

Not Spicy

① You will need

Olive Oil, Salt, Pepper, Cooking Spray
2 Mixing Bowls, Baking Sheet

👑 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 **425 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **seasoning blend**



1

Start the Butternut Squash

- Place **butternut squash** on one half of prepared baking sheet and toss with 2 tsp. **olive oil** and a pinch of **salt**. Massage oil into squash.
- Spread into a single layer on their side. Roast in hot oven, 5 minutes.
- Remove from oven. *Squash will finish cooking in a later step.*
- While squash roasts, prepare ingredients.



2

Prepare the Ingredients

- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.
- *If using **steak**, follow same instructions. If using **salmon**, follow same instructions and season flesh side with a pinch of salt and pepper.*



3

Prepare the Chicken and Vegetables

- Add **Brussels sprouts** to baking sheet with **butternut squash**. Using a spoon or tongs (baking sheet will be hot), toss vegetables together with 2 tsp. **olive oil**, ¼ tsp. **salt**, and half the **seasoning blend** (reserve remaining for sauce).
- Spread into a single layer on their side.
- In a mixing bowl, combine **panko**, **cornstarch**, and 1 tsp. **olive oil**. Place **chicken** on empty half of prepared baking sheet and top with panko mixture, pressing gently to adhere.
- *If using **steak** or **salmon**, follow same instructions.*



4

Roast the Chicken and Vegetables

- Return baking sheet to hot oven and roast until **vegetables** are tender and browned, and **chicken** reaches a minimum internal temperature of 165 degrees, 15-17 minutes.
- *If using **steak**, roast in hot oven until steaks reach a minimum internal temperature of 145 degrees, 12-15 minutes. If using **salmon**, roast until crust browns and salmon reaches a minimum internal temperature of 145 degrees, 13-15 minutes. If vegetables need more time, remove protein from baking sheet and roast an additional 2-4 minutes.*



5

Make Sauce and Finish Dish

- In another mixing bowl, combine **sour cream**, 1 tsp. **olive oil**, and remaining **seasoning blend**.
- Plate dish as pictured on front of card, topping **chicken** with sauce. Bon appétit!