



#### In your box

- ½ tsp. Garlic Salt
- ¼ cup Italian Panko Blend
- 2 oz. Sour Cream
- 1 Shallot
- 12 oz. Green Beans
- 1 tsp. Smoked Paprika
- 1 Tbsp. Grainy Mustard

#### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Sirloin Steaks
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets

#### You will need

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



## One-Pan Crispy Deviled Chicken

with creamy mustard sauce and green beans

NUTRITION per serving—Calories: 516, Carbohydrates: 22g, Fat: 25g, Protein: 43g, Sodium: 1374mg.  
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  
25-35 min.

Cook Within  
5 days

Difficulty Level  
Easy

Spice Level  
Not Spicy

## 👑 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: garlic salt

## Customize It Instructions

- If using **sirloin steaks**, follow same instruction as chicken in Steps 1. In Step 2, place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add steaks to hot pan and sear until lightly browned, 2-3 minutes. Transfer steaks to baking sheet, seared side up, and add **panko mixture**, pressing lightly to adhere. Roast in hot oven until steaks reach minimum internal temperature, 10-12 minutes. Remove steaks to a plate and tent with foil. Roast vegetables until tender, 7-8 minutes.
- If using **salmon**, follow same instruction as chicken in Steps 1 and Step 2. Roast in hot oven until salmon reach minimum internal temperature, 13-15 minutes. Remove salmon to a plate and tent with foil. Roast vegetables until tender, 4-5 minutes.

### Minimum Internal Temperature

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



1

## Prepare the Ingredients

- Trim ends off **green beans**.
- Peel and halve **shallot**. Slice halves into thin strips.
- In a mixing bowl, combine **panko**, **paprika**, and 2 tsp. **olive oil**. Set aside.
- Pat **chicken** dry, and season both sides with half the **garlic salt** (reserve remaining for green beans).



2

## Prepare the Chicken and Vegetables

- Toss **green beans** and **shallot** with 1 Tbsp. **olive oil**, remaining **garlic salt**, and a pinch of **pepper** on prepared baking sheet. Massage oil and seasoning into vegetables. Spread into a single layer on one half of baking sheet.
- Place **chicken** on empty half of baking sheet and top with **panko mixture**, pressing gently to adhere.



3

## Roast the Chicken and Vegetables

- Roast in hot oven until **vegetables** are tender and **chicken** reaches minimum internal temperature, 17-20 minutes.
- While chicken roasts, make sauce.



4

## Make the Sauce

- In another mixing bowl, combine **sour cream**, **mustard**, 1 tsp. **olive oil**, and a pinch of **pepper**. Set aside.



5

## Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **sauce**. Bon appétit!