



In your box

- .6 oz. Butter
- ½ oz. Sliced Almonds
- 1 oz. White Cooking Wine
- ½ cup Seasoned Wild Rice Blend
- 3 oz. Brussels Sprouts
- 2 tsp. Chicken Demi-Glace
- 1 oz. Goat Cheese
- .7 oz. Sour Cherry Jam

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 16 oz. USDA Choice Boneless Ribeye Steak (Serves 2)
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (Serves 2)

*Contains: milk, soy, tree nuts (almonds)

You will need

- Olive Oil, Salt, Pepper
- Medium Pot, Medium Non-Stick Pan



Chicken Breast with White Wine Cherry Sauce

and wild rice with goat cheese and Brussels sprouts

NUTRITION per serving—Calories: 674, Carbohydrates: 49g, Fat: 30g, Protein: 47g, Sodium: 1502mg.

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

35-45 min.

Cook Within

5 days

Difficulty Level

Intermediate

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

Customize It Instructions

- If using **NY Strip Steak**, follow same instructions as chicken in Steps 2 and 3, cooking until steak reach minimum internal temperature, 9-11 minutes per side. Halve to serve.
- If using **ribeye**, follow same instructions as chicken in Steps 2 and 3, cooking until ribeye reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side. Halve to serve.

Minimum Internal Temperature

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



1

Cook the Rice

- Bring a medium pot with **wild rice** and 1½ cups **water** to a boil. Lower to a simmer, cover, and cook until tender, 20-24 minutes.
- Remove from burner. Break up rice and stir in **Brussels sprouts** (prepared in a later step), 2 tsp. **olive oil**, and a pinch of **salt**. Cover and set aside.
- While rice cooks, prepare ingredients.



2

Prepare the Ingredients

- Trim stems off **Brussels sprouts** and halve lengthwise. Place cut-sides down and slice thinly.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.



3

Cook the Chicken

- Place a medium non-stick pan over medium heat and add 1 Tbsp. **olive oil**. Add **chicken** to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Transfer to a plate and tent with foil. Reserve pan; no need to wipe clean.



4

Make the White Wine Cherry Sauce

- Return pan used to cook chicken to medium heat. Add **white wine**, **demi-glace**, **cherry jam**, and 2 Tbsp. **water** to hot pan. Bring to a simmer.
- Once simmering, stir often until thickened, 2-3 minutes.
- Remove from burner and swirl in **butter**.



5

Finish the Dish

- Slice **chicken** into ½" slices, if desired.
- Plate dish as pictured on front of card, topping chicken with **white wine cherry sauce**, and garnishing **wild rice-Brussels sprouts** with **almonds** and **goat cheese** (crumbling with your hands, if necessary). Bon appétit!