



#### In your box

- 2 Tbsp. Basil Pesto
- 12 oz. Asparagus
- ½ oz. Light Brown Sugar
- 1 oz. Feta Cheese
- 1 ½ Tbsp. Grainy Mustard
- ½ fl. oz. Apple Cider Vinegar

#### Customize It Options

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

## Dijon-Cider Vinaigrette Chicken

with feta asparagus

NUTRITION per serving—Calories: 536, Carbohydrates: 17g, Fat: 36g, Protein: 46g, Sodium: 1786mg.  
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  
**15 min.**

Cook Within  
**4 days**

Difficulty Level ● □ □ □  
**Easy**

Spice Level □ □ □ □  
**Not Spicy**



## You will need

Olive Oil, Salt, Pepper

Medium Non-Stick Pan, Large Non-Stick Pan, Mixing Bowl

## 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



### Prepare the Ingredients

- Trim woody ends off **asparagus**.
- Pat **chicken** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.
- *If using **steaks**, follow same instructions. If using **salmon**, follow same instructions, seasoning flesh side only.*



### Cook the Asparagus

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **asparagus** and a pinch of **salt** to hot pan and stir occasionally until tender, 4-5 minutes.
- Remove from burner and stir in **pesto** and **feta**.
- While asparagus cooks, make vinaigrette



### Cook the Chicken

- Place a medium non-stick pan over medium heat and add 2 tsp. **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.
- Remove from burner.
- *If using **steaks**, cook in a medium non-stick pan over medium heat, with 2 tsp. olive oil. Cook until steaks reach a minimum internal temperature of 145 degrees, 5-7 minutes per side. If using **salmon**, add skin side up to hot pan and cook until golden brown and salmon reaches a minimum internal temperature of 145 degrees, 4-6 minutes per side.*
- While chicken cooks, cook asparagus.



### Make Mustard Vinaigrette and Finish Dish

- In a mixing bowl, combine **vinegar**, **mustard**, **brown sugar**, and a pinch of **salt** and **pepper**. Slowly drizzle in 2 Tbsp. **olive oil** and stir until combined.
- Plate dish as pictured on front of card, topping **chicken** with **mustard vinaigrette**. Bon appétit!