



In your box

- 1 oz. Sour Cream
- 1 Sage Sprig
- ½ oz. Roasted Pecans
- ½ fl. oz. Honey
- 12 oz. Brussels Sprouts
- 2 tsp. Chicken Demi-Glace
- 2 tsp. Sugar
- 2 Garlic Cloves

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 26 oz. Boneless Skinless Chicken Breasts—Double Portion
- 16 oz. Bone-in Pork Chops
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Sirloin Steaks

*Contains: milk, tree nuts (pecans)

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Baking Sheet, Medium Non-Stick Pan, Mixing Bowl



Staff Pick

Chicken Breast with Pecan-Sage Crema and honey roasted Brussels sprouts

NUTRITION per serving—Calories: 476, Carbohydrates: 26g, Fat: 22g, Protein: 44g, Sodium: 1251mg.

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
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **sirloin steaks**, follow same instructions as chicken in Step 1. In Step 2, roast Brussels 12 minutes. Follow same instructions as chicken in Step 3 and 4, roasting until steak reaches minimum internal temperature, 7-9 minutes. Rest steaks, 3 minutes.
- If using **pork chops**, follow same instructions as chicken in Step 1. In Step 2, roast Brussels 12 minutes. Follow same instructions as chicken in Step 3 and 4, roasting until pork reaches minimum internal temperature, 6-9 minutes.
- If using **26 oz. chicken breasts**, follow same instructions as 13 oz. chicken breasts, working in batches if necessary. If unable to fit all the chicken on same baking sheet, prepare a separate baking sheet with foil and cooking spray.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Coarsely chop **pecans**.
- Stem and mince **sage**.
- Mince **garlic**.
- In a mixing bowl, combine **honey**, **sugar**, and 1 tsp. **hot water** until sugar dissolves. Set aside.
- Pat **chicken** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Start the Brussels Sprouts

- Place **Brussels sprouts** on prepared baking sheet and toss with 1 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil into Brussels sprouts.
- Spread into a single layer on one half of baking sheet. Roast in hot oven, 8 minutes.
- Remove from oven. *Brussels sprouts will finish cooking in a later step.*
- While Brussels sprouts cook, start chicken.



3

Start the Chicken

- Place a medium non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **chicken** to hot pan and cook until browned, 2-3 minutes per side.
- Transfer to empty half of prepared baking sheet. *Chicken will finish cooking in a later step.*
- Reserve pan; no need to wipe clean.



4

Finish the Brussels Sprouts and Chicken

- Return baking sheet to hot oven and roast until **Brussels sprouts** are tender and **chicken** reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- Rest roasted chicken, 3 minutes.
- While chicken rests, make sauce.



5

Make Crema and Finish Dish

- Return pan used to cook chicken to medium heat and add 1 tsp. **olive oil**. Add **garlic** to hot pan and stir constantly until aromatic, 30-60 seconds.
- Stir in ¼ cup **water** and **demi-glace** until combined. Bring to a simmer.
- Once simmering, stir occasionally until sauce thickens, 2-3 minutes.
- Remove from burner and stir in **sour cream** and **sage** until combined. Stir **honey mixture** to recombine.
- Plate dish as pictured on front of card, drizzling honey mixture over **Brussels sprouts**, and topping **chicken** with crema and **pecans**. Bon appétit!