



In your box

- 2 tsp. Grainy Mustard
- 3 fl. oz. Apple Cider
- 3 oz. Corn Kernels
- ½ oz. Crispy Fried Onions
- 2 Zucchini
- 2 tsp. Chicken Demi-Glace
- 1 oz. Butter
- ½ fl. oz. Honey
- 1 Tbsp. Meatloaf Seasoning

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets
- 12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets

You will need

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



Apple Cider Chicken

with zucchini & corn

NUTRITION per serving—Calories: 565, Carbohydrates: 34g, Fat: 28g, Protein: 42g, Sodium: 1814mg.
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

👑 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
- Ingredient(s) used more than once: **seasoning blend**

Customize It Instructions

- If using either **salmon**, pat dry and season same amount on flesh side.
- If using regular salmon, place a medium non-stick pan over medium heat and add 2 tsp. olive oil. Add salmon, skin side up, to hot pan and sear until salmon reaches a minimum internal temperature, 4-6 minutes per side.
- If using wild-caught salmon, follow same instructions as regular salmon, except cook 3-5 minutes per side instead.

Minimum Internal Temperature

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



1

Cook the Chicken

- Pat **chicken** dry, and season both sides with half the **seasoning blend**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add chicken to hot pan and cook undisturbed until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side, covering pan after flipping chicken.
- Remove chicken to a plate. Reserve pan; no need to wipe clean.
- While chicken cooks, prepare ingredients.



3

Cook the Vegetables

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **zucchini** to hot pan and stir occasionally until browned, 4-5 minutes.
- Add **corn**, remaining **seasoning blend**, and a pinch of **salt**. Stir occasionally until vegetables are tender, 2-3 minutes.
- Remove from burner.



2

Prepare the Ingredients

- Trim **zucchini** ends and cut into ¼" slices on an angle.
- Divide **butter** into quarters.



4

Make Sauce and Finish Dish

- Return pan used to cook chicken to medium-high heat. Add **apple cider**, **honey**, **mustard**, and **demi-glace** to hot pan and stir until combined. Bring to a boil.
- Once boiling, stir occasionally until liquid is reduced by half, 1-2 minutes.
- Remove from burner. Stir in **butter**, one piece at a time, until melted and smooth.
- Plate dish as pictured on front of card, drizzling **sauce** over **chicken** and garnishing **zucchini-corn mixture** with **crispy onions**. Bon appétit!