



#### In your box

- ½ oz. Cilantro
- 1 tsp. Cajun Seasoning
- 1 oz. Crumbled Cotija Cheese
- 1 oz. Butter
- 2 oz. Sour Cream
- 1 Ear of Corn
- 1 Red Bell Pepper
- 1 Lime
- ¼ tsp. Red Pepper Flakes

#### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Sirloin Steaks
- 12 oz. Boneless Pork Chops

#### You will need

- Olive Oil, Salt, Pepper
- 2 Medium Non-Stick Pans, Mixing Bowl



## Pan-Seared Chicken Breast with Chili-Cilantro Butter and red pepper Mexican street corn

NUTRITION per serving—Calories: 542, Carbohydrates: 15g, Fat: 34g, Protein: 44g, Sodium: 1466mg.  
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  
Medium

## 👑 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
- Set **butter** on counter to soften
- Ingredient(s) used more than once: **cilantro**

### Customize It Instructions

- If using **pork chops** or **sirloin steaks**, follow same instructions as chicken in Steps 1 and 3, cooking until proteins reach minimum internal temperature, 5-7 minutes per side.

#### Minimum Internal Temperature

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



1

### Prepare the Ingredients

- Stem, seed, remove ribs, and cut **red bell pepper** into ¼" dice.
- Peel husk off **corn** and carefully remove kernels from cob.
- Halve **lime**. Cut one half into wedges and juice the other half.
- Coarsely chop **cilantro** (no need to stem).
- Pat **chicken** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

### Make the Chili-Cilantro Butter

- In a mixing bowl, combine **butter**, half the **cilantro** (reserve remaining for vegetables), and **red pepper flakes** (to taste) until smooth. Set aside.



3

### 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 minimum internal temperature, 5-7 minutes per side.
- Transfer chicken to a plate. Squeeze one **lime wedge** over each breast. You may have wedges left over.
- While chicken cooks, cook vegetables.



4

### Cook the Vegetables

- Place another medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **red bell pepper** and a pinch of **salt** to hot pan and cook undisturbed until starting to soften, 2-3 minutes.
- Add **corn** and stir occasionally until vegetables are tender, 2-3 minutes.
- Add **seasoning blend** and 2 Tbsp. **water**. Stir constantly to combine, 30 seconds.
- Remove from burner. Stir in **sour cream**, remaining **cilantro**, and 1 Tbsp. **lime juice**.



5

### Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **chili-cilantro butter**, and garnishing **vegetables** with **cheese**. Bon appétit!