



### In your box

- 2 tsp. "Everything Bagel" Seasoning
- 12 oz. Trimmed Green Beans
- ½ oz. Crispy Fried Onions
- 1 oz. Light Cream Cheese
- 1 oz. Shredded Cheddar Cheese
- .6 oz. Butter
- 1 Shallot

### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Sirloin Steaks
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts

\*Contains: milk, wheat

### You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Large Non-Stick Pan, 2 Medium Non-Stick Pans, Baking Sheet



## Cheddar-Crusted Chicken

with everything bagel seasoned green beans

NUTRITION per serving—Calories: 542, Carbohydrates: 22g, Fat: 29g, Protein: 47g, Sodium: 1334mg.

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

15 min.

Cook Within

4 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 the broiler
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **shallot**

### Customize It Instructions

- If using **sirloin steak**, follow same instructions as chicken

Minimum Internal Temperature

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



1

### Start the Chicken

- Pat **chicken breasts** dry, and season both sides with  $\frac{1}{4}$  tsp. **salt** and a pinch of **pepper**.
- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add chicken breasts to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Transfer chicken to prepared baking sheet.
- While chicken cooks, make prepare ingredients.



3

### Cook the Green Beans

- Place a large non-stick pan over medium heat and add 1 tsp. **olive oil**. Add remaining **shallot** and **green beans** to hot pan and stir occasionally until tender, 8-10 minutes.
- If green beans need more time, add 2 Tbsp. **water** and stir occasionally, 1-3 minutes.
- Stir in **butter**, **seasoning**, and a pinch of **salt** and **pepper**. Remove from burner and tent with foil.



2

### Make the Chicken Topping

- Peel and mince **shallot**.
- Coarsely crush **crispy onions**.
- Place another medium non-stick pan over medium heat. Add 1 tsp. **olive oil** and half the shallot (reserve remaining for green beans) to hot pan and stir occasionally until tender, 3-4 minutes.
- Stir in **cream cheese** until melted and combined. Remove from burner.



4

### Finish Chicken and Finish Dish

- Top chicken evenly with **shallot-cream cheese** mixture, then **crispy onions** and **cheddar cheese**. Place under hot broiler until cheese is melted, 1-2 minutes.
- Plate dish as pictured on front of card. Bon appétit!