



In your box

- ½ oz. Pecans
- 6 Chive Sprigs
- 1 Shallot
- 2 tsp. Meatloaf Seasoning
- 1 oz. Butter
- 16 oz. Carrot
- 2 tsp. Chicken Demi-Glace
- ½ oz. Light Brown Sugar
- 1 tsp. Herbes de Provence

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Salmon Fillets
- 16 oz. Bone-in Pork Chops
- 20 oz. Lamb Loin Chops

You will need

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



Staff Pick

Herbes de Provence Chicken

with brown sugar-glazed carrots and pecans

NUTRITION per serving—Calories: 603, Carbohydrates: 35g, Fat: 32g, Protein: 42g, Sodium: 1704mg.
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
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
- Ingredient(s) used more than once: **butter**

Customize It Instructions

- If using **lamb chops**, follow same instructions as chicken in Step 1 and Step 3, roasting in hot oven until lamb reaches a minimum internal temperature of 145 degrees, 6-9 minutes.
- If using **pork chops**, follow same instructions as chicken in Step 1 and Step 3, roasting in hot oven until lamb reaches minimum internal temperature, 6-9 minutes.
- If using **salmon**, follow same instructions as chicken in Step 1, seasoning flesh side only. Follow same instructions as chicken in Step 3, searing on flesh-side until golden brown, 2-4 minutes. Transfer to prepared baking sheet, seared-side up. Roast until salmon is firm and reaches minimum internal temperature, 7- 10 minutes.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Peel and mince **shallot**.
- Peel, trim, and cut **carrots** into ½” rounds.
- Coarsely chop **pecans**, if necessary.
- Mince **chives**.
- Halve **butter**.
- Pat **chicken** dry, and season both sides with **seasoning blend** and a pinch of **salt**.



2

Cook the Carrots

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **carrots** to hot pan and stir occasionally until starting to brown, 4-6 minutes.
- Add ½ cup **water**, half the **butter** (reserve remaining for sauce), **brown sugar**, ¼ tsp. **salt** and a pinch of **pepper**. Reduce heat to medium-low. Cover, and stir occasionally until liquid is mostly evaporated and carrots are tender, 10-15 minutes.
- Uncover, and simmer until liquid thickens to coat carrots, 2-3 minutes.
- While carrots cook, cook chicken.



3

Cook 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 chicken to prepared baking sheet. Roast in hot oven until chicken reaches a minimum internal temperature (find temperature in Customize It Instructions), 10-12 minutes.
- Reserve pan; no need to wipe clean.
- While chicken roasts, make sauce.



4

Make the Sauce

- Return same pan used to cook chicken to medium heat and add 1 tsp. **olive oil**. Add **shallots** to hot pan and stir occasionally until tender, 2-3 minutes.
- Add ¼ cup **water**, **demi-glace**, **herbes de Provence**, and a pinch of **salt** and **pepper**. Bring to a boil. Once boiling, stir constantly until thickened slightly, 2-3 minutes.
- Remove from burner and stir in remaining **butter**.



5

Finish the Dish

- Plate dish as pictured on front of card, spooning **sauce** over **chicken**, and garnishing **carrots** with **pecans** and **chives**. Bon appétit!