



In your box

- 8 oz. Brussels Sprouts
- ½ oz. Smoked Almonds
- 1 Fuji Apple
- 1 Shallot
- 2 Tbsp. Roasted Red Pepper Pesto
- ½ oz. Grated Parmesan

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Boneless Pork Chops
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (Serves 2)

*Contains: milk, soy, tree nuts (almonds)

You will need

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



Roasted Red Pepper Parmesan Chicken

with Brussels sprouts and apples

NUTRITION per serving—Calories: 466, Carbohydrates: 27g, Fat: 20g, Protein: 45g, Sodium: 1166mg.

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

30-40 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**

Customize It Instructions

- If using **pork chops**, follow same instructions as chicken in Steps 1 and 2, searing on one side until browned, 2-3 minutes. Follow same instructions for topping and roast in hot oven until pork reaches minimum internal temperature, 8-10 minutes.
- If using **NY Strip steak**, follow same instructions as chicken in Steps 1 and 2, searing on one side until browned, 2 minutes. Follow same instructions for topping and roast in hot oven until pork reaches minimum internal temperature, 14-17 minutes.

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).
- Peel and halve **shallot**. Slice thinly.
- Quarter **apple** and remove core. Cut into ½" dice.
- Coarsely chop **almonds**.
- Cut **lemon** into wedges.
- Pat **chicken** dry, and season both sides with a pinch of **salt** and **pepper**.



2

Start the Chicken

- Place a medium oven-safe non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **chicken** to hot pan and cook undisturbed until browned on one side, 4-5 minutes.
- Remove from burner. Flip chicken, and top evenly with **red pepper pesto** and **Parmesan**.



3

Finish the Chicken

- Place pan in hot oven and roast until **Parmesan** is golden brown and **chicken** reaches a minimum internal temperature of 165 degrees, 8-10 minutes.
- While chicken cooks, cook vegetables.



4

Cook the Vegetables

- Place a large non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **Brussels sprouts**, **shallot**, ¼ tsp. **salt** and a pinch of **pepper** to hot pan. Stir occasionally until vegetables start to soften, 6-8 minutes.
- Add **apple** and 1 tsp. **olive oil** and stir occasionally until vegetables are browned and tender, 4-6 minutes.
- Remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, garnishing **vegetables** with **almonds** and squeezing **lemon wedges** over vegetables to taste. Bon appétit!