



### In your box

- 2 Garlic Cloves
- 1 Shallot
- ½ oz. Dried Cranberries
- 1 Sage Sprig
- .3 oz. Butter
- 1 ½ tsp. Pot Roast Seasoning
- 1 oz. Goat Cheese
- 8 oz. Brussels Sprouts
- 2 tsp. Chicken Demi-Glace

### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 4 oz. Bacon

\*Contains: milk

### You will need

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



Staff Pick

## Cranberry Goat Cheese-Stuffed Chicken Breast with Sage Demi-Glace and roasted Brussels sprouts

NUTRITION per serving—Calories: 464, Carbohydrates: 24g, Fat: 21g, Protein: 45g, Sodium: 1537mg.

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

40-50 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

### Customize It Instructions

- If using **bacon**, line a plate with a paper towel. Place a medium non-stick pan over medium heat and add bacon to hot pan. Flip occasionally until crisp, 6-8 minutes. Transfer to towel-lined plate to remove excess oil.

#### Minimum Internal Temperature

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



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### Prepare the Ingredients

- Peel and halve **shallot**. Cut into ¼" slices.
- Trim stems off **Brussels sprouts** and halve vertically (quarter if larger than a ping-pong ball).
- Coarsely chop **cranberries**.
- Stem **sage** and coarsely chop.
- Mince **garlic**.



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### Start the Brussels

- Place **shallot**, **Brussels**, and **garlic** on prepared baking sheet and toss with 2 tsp. **olive oil**, **seasoning blend**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into vegetables.
- Spread into a single layer on one side. Roast in hot oven, 10 minutes.
- Remove from oven. *Brussels will finish cooking in a later step.*
- While Brussels roast, prepare chicken.



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### Prepare the Chicken

- Pat **chicken breasts** dry.
- Place chicken on a cutting board and cover with plastic wrap. Use a heavy object to pound to an even ¼" thickness. You may also use a *gallon bag for easier clean-up*.
- Divide **goat cheese** (crumbling with your hands if needed) and **cranberries** evenly between chicken breasts, placing filling in center of meat.
- Fold chicken in half over filling. *Be sure filling stays inside chicken. If needed, use a toothpick to help seal.* Season chicken with a pinch of **salt** and **pepper**.



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### Roast Chicken and Finish Brussels

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **stuffed chicken** to hot pan and sear until browned, 4-6 minutes per side.
- Transfer chicken to empty side of prepared baking sheet. Reserve pan; no need to wipe clean.
- Gently flip **Brussels**. Roast again until Brussels are tender and chicken reaches a minimum internal temperature of 165 degrees, 8-12 minutes.
- Rest roasted chicken 5 minutes. Slice chicken if desired.
- While chicken rests, make sauce.



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### Make Sauce and Finish Dish

- Return pan used to sear chicken to medium-high. Add **demi-glace**, 1 Tbsp. **water**, **sage**, and a pinch of **salt** and **pepper** to hot pan. Bring to a simmer.
- Once simmering, cook until liquid is reduced by half, 4-5 minutes.
- Remove from burner and swirl in **butter**.
- Plate dish as pictured on front of card, spooning sauce over **chicken**. Bon appétit!