



In your box

16 oz. Carrot
2 tsp. Chicken Demi-Glace
.42 oz. Mayonnaise
½ oz. Roasted Pecans
½ fl. oz. Honey
1 oz. Butter
¼ oz. Parsley
1 oz. White Cooking Wine
4 Butter Crackers

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
13 ½ oz. Organic Boneless Skinless Chicken Breasts
12 oz. Salmon Fillets
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, eggs, wheat, soy, tree nuts (pecans), fish (salmon)

You will need

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



Staff Pick

Butter Cracker-Crusted Chicken

with honey butter carrots and pecans

NUTRITION per serving—Calories: 580, Carbohydrates: 33g, Fat: 29g, Protein: 41g, Sodium: 1525mg.

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

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, parsley**

Customize It Instructions

- If using **salmon**, pat dry and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as chicken in Step 3, searing flesh side only, 2-4 minutes. Follow same instructions for topping and roast until salmon 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, trim, and cut **carrot** into ¼" rounds.
- Stem and coarsely chop **parsley**. Reserve a few leaves whole for garnish, if desired.
- Gently crush **crackers**.
- Pat **chicken** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Cook the Carrots

- Place a medium pot over medium-high heat. Add **carrot**, **honey**, **white wine**, ½ cup **water**, half the **butter** (reserve remaining for sauce), ¼ tsp. **salt**, and a pinch of **pepper** to hot pot. Bring to a simmer.
- Once simmering, stir occasionally until liquid is almost completely evaporated, 8-10 minutes.
- Remove from burner. Stir, then set aside to cool, 5 minutes. Once cooled, stir in **chopped parsley** (reserve whole leaves for garnish) and **pecans**.
- While carrots cook, cook chicken.



3

Cook the Chicken

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **chicken** to hot pan and sear until browned, 3-4 minutes per side.
- Transfer chicken to prepared baking sheet. Reserve pan; no need to wipe clean.
- Spread **mayonnaise** evenly on chicken, then top with **crushed crackers**, pressing gently to adhere.
- Roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 7-9 minutes.



4

Make the Sauce

- Return pan used to cook chicken to medium heat and add 2 Tbsp. **water** and **demi-glace**. Stir to combine and bring to a simmer.
- Once simmering, remove from burner. Swirl in remaining **butter**.



5

Finish the Dish

- Plate dish as pictured on front of card, placing **chicken** on **sauce**. Garnish **carrot** with **whole parsley leaves**, if desired. Bon appétit!