



#### In your box

- 8 oz. Carrot
- 8 oz. Parsnip
- 1 oz. Sour Cream
- 1 oz. Butter
- 2 oz. White Cooking Wine
- 2 Dill Sprigs
- 1 Shallot

#### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Sirloin Steaks
- 12 oz. Boneless Pork Chops

#### You will need

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



## Chicken with Beurre Blanc and dilled parsnips and carrots

NUTRITION per serving—Calories: 588, Carbohydrates: 32g, Fat: 30g, Protein: 41g, Sodium: 1410mg.  
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  
**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 **pork chops**, follow same instructions as chicken in Step 1 and Step 3, cooking over medium heat until pork reaches minimum internal temperature, 5-7 minutes per side.
- If using **steaks**, follow same instructions as chicken in Step 1 and Step 3, cooking over medium heat until pork reaches minimum internal temperature, 5-7 minutes per side.

### Minimum Internal Temperature

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



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## Prepare the Ingredients

- Peel, trim, and cut **parsnip** and **carrot** at an angle into ½" slices. (If carrot or parsnip is 1" diameter or larger, halve before slicing.)
- Peel and mince **shallot**.
- Mince **dill**, leaves and stems.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



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## Roast the Vegetables

- Place **parsnip** and **carrot** on prepared baking sheet and toss with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil into vegetables.
- Spread into a single layer and roast in hot oven until tender, 30-34 minutes.
- After vegetables have roasted 10 minutes, cook chicken.



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## Cook the Chicken

- Heat 2 tsp. **olive oil** in a medium non-stick pan over medium-high heat.
- Add **chicken breasts** to hot pan. Cook until browned and chicken reaches minimum internal temperature, 5-7 minutes per side.
- Transfer chicken to a plate and tent with foil.
- Wipe pan clean and reserve.



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## Make the Beurre Blanc

- Return pan used to cook chicken to medium heat.
- Add 1 tsp. **olive oil** and 1½ Tbsp. **shallot** to hot pan. Stir until softened, 30-90 seconds.
- Add **white cooking wine** and cook until mostly evaporated, 1-2 minutes.
- Remove from burner. Stir in **sour cream** until fully incorporated. Stir in **butter** and a pinch of **salt**.



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## Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **beurre blanc** and garnishing **vegetables** with **dill**. Bon appétit!