



In your box

- 1 tsp. Cornstarch
- 3 oz. Corn Kernels
- 1 oz. Butter
- 4 tsp. Chicken Demi-Glace
- 6 Chive Sprigs
- 1 fl. oz. Honey
- 3 oz. Corn Muffin Mix
- 4 oz. Kale
- 1 oz. Crumbled Bacon

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 24 oz. Sirloin Steaks
- 14 oz. USDA Choice New York Strip Steak (Serves 2)
- 24 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, wheat

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Muffin Tin, 3 Mixing Bowls, Medium Pot, Medium Non-Stick Pan



Culinary Collection

Chicken Breast and Chive Gravy

with bacon braised kale and corn muffins

NUTRITION per serving—Calories: 753, Carbohydrates: 64g, Fat: 34g, Protein: 49g, Sodium: 1596mg.

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 **425 degrees**
- Prepare a muffin tin with cooking spray
- Set **butter** on counter to soften

Customize It Instructions

- If using **sirloin steaks**, pat dry and season both sides with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instruction as chicken in Step 4, cooking until steak reaches minimum internal temperature, 5-7 minutes per side.
- If using **NY strip steak**, pat dry and season both sides with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as chicken in Step 4, cooking until steak reaches a minimum internal temperature of 145 degrees, 9-11 minutes per side. Halve to serve.

Minimum Internal Temperature

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



1

Prepare Ingredients and Make Honey Butter

- Stem **kale** and coarsely chop.
- Mince **chives**.
- Combine **honey** and **butter** in a mixing bowl. Refrigerate until plating.
- In another mixing bowl, combine **corn muffin mix**, ¼ cup **water**, **corn**, and a pinch of **pepper**.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and pepper.



2

Bake the Muffins

- Divide **batter** evenly into four cups of prepared muffin tin. *Batter should just go to top of cups.*
- Bake in hot oven until muffin tops are lightly browned and start to crack, 15-17 minutes.
- While muffins bake, cook chicken.



3

Cook the Chicken

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **chicken breasts** to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove chicken to a plate and tent with foil. Wipe pan clean and reserve.
- While chicken cooks, cook kale.



4

Cook the Kale

- Heat 1 tsp. **olive oil** in a medium pot over medium heat. Add **bacon** to hot pot and stir occasionally until lightly crisped, 3-5 minutes.
- Add **kale** and ¼ cup **water** and cook until water is steaming. Once steaming, cover and turn heat to low. Stir occasionally until kale is tender, 5-8 minutes.
- Remove from burner. Season with a pinch of **pepper**.



5

Make Sauce and Finish Dish

- In another mixing bowl, combine ¼ cup **water**, **demi-glace**, and **cornstarch** until cornstarch is dissolved.
- Return pan used to cook chicken to medium heat. Add cornstarch mixture to hot pan and bring to a simmer. Once simmering, remove from burner.
- Stir in **chives**. *If sauce is too thick, add **water**, 1 Tbsp. at a time, until desired consistency is reached.*
- Plate dish as pictured on front of card, placing **honey butter** on muffins and sauce on **chicken**. Bon appétit!