



In your box

- 1 tsp. Cornstarch
- 3 Thyme Sprigs
- 4 tsp. Chicken Demi-Glace
- ½ fl. oz. Honey
- 12 oz. Carrot
- .6 oz. Butter
- 2 oz. Shredded Asiago Cheese
- 2 oz. Sour Cream
- 2 Russet Potatoes

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Sirloin Steaks
- 12 oz. Filets Mignon
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk

You will need

- Olive Oil, Salt, Pepper, Cooking Spray
- Baking Sheet, Medium Non-Stick Pan, Medium Pot, Colander, 2 Mixing Bowls



Culinary Collection

Chicken and Thyme Gravy

with twice-baked potato and honey roasted carrots

NUTRITION per serving—Calories: 771, Carbohydrates: 62g, Fat: 33g, Protein: 53g, Sodium: 1692mg.

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

50-60 min.

Cook Within

5 days

Difficulty Level

Expert

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, cheese**
- Upon delivery, remove **potatoes** from meal bag and store at room temperature

Customize It Instructions

- If using **sirloin steaks**, follow same instructions as chicken in Steps 1 and 4, cooking until steak reaches minimum internal temperature, 5-7 minutes per side.
- If using **filet mignon**, follow same instructions as chicken in Steps 1 and 4, cooking until filets reach a minimum internal temperature of 145 degrees, 5-8 minutes per side.

Minimum Internal Temperature

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



1

Start Potatoes and Prepare Ingredients

- Poke **potatoes** all over with a fork, 4-5 times on two “sides”. Add potatoes to a microwave-safe bowl or plate and rub all over with 1 tsp. **olive oil**. Microwave, 5 minutes.
- Carefully flip potatoes. Use a utensil! Potatoes will be hot. Microwave again until tender, 3-5 minutes. If potatoes need more time, continuing microwaving, 1 minute at a time.
- Let microwaved potatoes cool, 5 minutes.
- While potatoes microwave, peel, trim, and cut **carrot** into ½” slices on an angle.
- Stem and coarsely chop **thyme**.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt and pepper**.



2

Roast the Carrots

- Place **carrot** on prepared baking sheet and toss with 2 tsp. **olive oil** and a pinch of **salt and pepper**.
- Spread into a single layer on half of the baking sheet and roast in hot oven, 10 minutes.
- Remove from oven. Carrot will finish cooking in a later step.
- While carrots roast, finish potatoes.



3

Bake the Potatoes and Finish Carrots

- Halve **potatoes** lengthwise. Carefully scoop out inside and place in a mixing bowl, leaving skins intact. Place two potato skins on empty half of baking sheet
- Add **sour cream**, 2 Tbsp. **water**, half the **butter** (reserve remaining for gravy), half the **cheese** (reserve remaining for potato topping), ¼ tsp. **salt**, and a pinch of **pepper** to potato insides. Mash until smooth. If too dry, add water, 1 Tbsp. at a time, until desired consistency is reached.
- Fill potato skins with mashed potato and top with remaining cheese. Bake again until **carrot** is tender and cheese is melted, 5-8 minutes.
- Drizzle roasted carrots with **honey**.
- While potatoes bake, cook chicken.



4

Cook the Chicken

- Place a medium non-stick pan over medium heat and add 1 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. Reserve pan; no need to wipe clean.



5

Make Gravy and Finish Dish

- In another mixing bowl, combine ⅓ cup **water** and **cornstarch** until cornstarch is dissolved.
- Return pan used to cook chicken to medium heat. Add cornstarch mixture and **demi-glace** to hot pan. Bring to a boil.
- Once boiling, remove from burner. Stir in **thyme** and remaining **butter**.
- Plate dish as pictured on front of card, topping **chicken** with gravy. Bon appétit!