



#### In your box

- ¼ oz. White Balsamic Vinegar
- 1 oz. Walnut Halves
- 1 oz. Goat Cheese
- 12 oz. Trimmed Green Beans
- 1 Shallot
- ½ tsp. Seasoned Salt Blend

#### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Sirloin Steaks

\*Contains: milk, tree nuts (walnuts)

#### You will need

- Olive Oil, Salt, Pepper
- Large Non-Stick Pan, Medium Non-Stick Pan



## Goat Cheese and Walnut Chicken

with green beans

NUTRITION per serving—Calories: 496, Carbohydrates: 18g, Fat: 26g, Protein: 46g, Sodium: 1050mg.

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

15 min.

Cook Within

4 days

Difficulty Level

Easy

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

### Customize It Instructions

- If using **sirloin steaks**, pat dry and season both sides with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as chicken in Step 1, cooking until steak reaches minimum internal temperature, 5-7 minutes per side.

Minimum Internal Temperature

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



### Cook the Chicken

- Pat **chicken** dry, and season both sides with a pinch of **salt** and **pepper**.
- Heat 2 tsp. **olive oil** in a medium non-stick pan over medium heat. Add **chicken** to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove from burner.
- While chicken cooks, prepare ingredients.



### Cook the Green Beans

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **shallot** and **green beans** to hot pan and cook until green beans turn bright green, 1-2 minutes.
- Stir in ¼ cup **water**, **white balsamic vinegar**, and **seasoned salt**. Cover and stir occasionally until tender, 8-10 minutes.
- Remove from burner and season with a pinch of **salt** and **pepper**, to taste.



### Prepare the Ingredients

- Peel and halve **shallot**. Slice thinly.
- Coarsely chop **walnuts**.



### Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **goat cheese** (crumbling with your hands, if needed) and **walnuts**. Bon appétit!