



In your box

- 2 tsp. Chicken Demi-Glace
- 2 Garlic Cloves
- 3 Thyme Sprigs
- 4 oz. Light Cream
- 8 oz. Green Beans
- 1 Shallot
- 1 Fuji Apple

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Filets Mignon
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk

You will need

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



Garlic-Thyme Roasted Chicken

with green beans and apples

NUTRITION per serving—Calories: 529, Carbohydrates: 32g, Fat: 26g, Protein: 41g, Sodium: 1394mg.

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

30-40 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



1

Prepare the Ingredients

- Trim ends off **green beans**. Cut into 1" pieces.
- Quarter **apple** and remove core. Cut into wedges and halve wedges into chunks.
- Peel and halve **shallot**. Slice halves into thin strips.
- Stem and mince **thyme**.
- Mince **garlic**.
- Pat **chicken breasts** dry, and season both sides with ¼ tsp. **salt** and a pinch of **pepper**.



2

Start the Vegetables

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **green beans**, **apples**, and **shallots** to hot pan and stir occasionally until lightly charred, 7-9 minutes.
- Remove vegetables to one half of prepared baking sheet and season with ¼ tsp. **salt** and a pinch of **pepper**. Spread into a single layer on their half.
- Wipe pan clean and reserve.

Customize It Instructions

- If using **filet mignon**, follow same instructions as chicken in Steps 1 and 3, searing on one side until browned, 2-3 minutes. Follow same instructions as chicken in Step 4, roasting until filets reach a minimum internal temperature of 145 degrees, 9-12 minutes.

Minimum Internal Temperature

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



3

Sear the Chicken

- Return pan used to cook vegetables to medium-high heat and add 1 tsp. **olive oil**.
- Add **chicken breasts** to hot pan and cook undisturbed until browned, 4-5 minutes.
- Transfer chicken, seared side up, to empty side of baking sheet. Reserve pan; no need to wipe clean.



4

Finish the Chicken and Vegetables

- Roast in hot oven until **vegetables** are tender and **chicken** reaches a minimum internal temperature of 165 degrees, 10-12 minutes.



5

Make Sauce and Finish Dish

- When chicken and vegetables have 5 minutes remaining to roast, return pan used to sear chicken to medium heat and add 1 tsp. **olive oil**. Add **garlic** and **thyme** to hot pan and cook until aromatic, 30-60 seconds.
- Add **cream**, **demi-glace**, and a pinch of **salt** and **pepper**. Bring to a simmer.
- Once simmering, stir constantly until slightly thickened, 1-2 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, placing **chicken** on **sauce**. Bon appétit!