



#### In your box

- 2 tsp. BBQ Spice Rub
- 4 tsp. Chicken Demi-Glace
- 1 ½ oz. Roasted Pecan Pieces
- .6 oz. Butter
- ¼ oz. Parsley
- ½ oz. Dijon Mustard
- 16 oz. Carrot

#### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Wild-Caught Alaskan Sockeye Salmon Fillets
- 12 oz. Filets Mignon
- 12 oz. Sirloin Steaks

\*Contains: milk, tree nuts (pecans), fish (salmon)

#### You will need

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



## Pecan-Crusted Chicken

with BBQ-spiced carrots

NUTRITION per serving—Calories: 562, Carbohydrates: 29g, Fat: 30g, Protein: 43g, Sodium: 1651mg.

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

Mild

## 👑 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: **parsley, Dijon, butter**

### Customize It Instructions

- If using **sirloin steak**, follow same instructions as chicken in Steps 1 and 2, roasting until steaks reach minimum internal temperature, 12-16 minutes.
- If using **filets mignon**, follow same instructions as chicken in Steps 1 and 2, roasting until filets reach a minimum internal temperature of 145 degrees, 14-18 minutes.
- If using **salmon**, pat dry and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as chicken in Step 2, roasting salmon skin side down until salmon reaches minimum internal temperature, 13-15 minutes.

Minimum Internal Temperature

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



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### Prepare the Ingredients

- Chop **pecans** into pebble-sized pieces, if necessary.
- Stem and mince **parsley**.
- Peel, trim, and cut **carrot** on an angle into ¼" slices.
- Combine pecans, parsley (reserve a pinch for garnish), ¼ tsp. **olive oil**, and a pinch of **salt** and **pepper** in a mixing bowl. Set aside.
- Pat **chicken breasts** dry, and season both sides with a pinch of salt and ¼ tsp. pepper.



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### Roast the Chicken

- Place **chicken breasts** on prepared baking sheet. Brush or gently spoon with half the **Dijon** (reserve remaining for sauce). Top with **pecan mixture**, pressing firmly to adhere.
- Roast in hot oven until pecans are lightly browned and chicken reaches a minimum internal temperature of 165 degrees, 17-20 minutes.
- While chicken roasts, cook carrot.



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### Start the Carrot

- Heat 1 tsp. **olive oil** in a large non-stick pan over medium-high heat. Add **carrot** to hot pan and stir occasionally until lightly browned, 2-3 minutes.
- Add ¼ cup **water** and a pinch of **salt** and **pepper**. Cover, and reduce heat to medium. Cook until carrot is tender and water has mostly evaporated, 2-3 minutes.



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### Finish the Carrot

- Uncover pan, and add half the **butter** (reserve remaining for sauce) and **BBQ spice rub**.
- Stir constantly until **carrot** is glazed and evenly coated in rub, 1-2 minutes.
- Remove from burner. Transfer carrot to a plate. Reserve pan; no need to wipe clean.



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### Make Sauce and Finish Dish

- Return pan used to cook carrot to medium-high heat.
- Add ¼ cup **water**, **demi-glace**, and remaining **Dijon** to hot pan. Bring to a boil.
- Once boiling, remove from burner and swirl in remaining **butter**.
- Plate dish as pictured on front of card, topping sauce with **chicken** and garnishing chicken with reserved **parsley**. Bon appétit!