



In your box

½ fl. oz. Honey
5 oz. Corn Kernels
¼ cup Italian Panko Blend
2 Green Onions
1 oz. Sour Cream
¼ oz. Dijon Mustard
12 oz. Yukon Potatoes
2 oz. Shredded Cheddar-Jack Cheese
.6 oz. Butter

Customize It Options

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

*Contains: milk, wheat

You will need

Olive Oil, Salt, Pepper
Medium Pot, Colander, Mixing Bowl,
Medium Non-Stick Pan



Crispy Panko Crusted Chicken and Honey Butter

with mashed potatoes and corn

NUTRITION per serving—Calories: 812, Carbohydrates: 58g, Fat: 39g, Protein: 52g, Sodium: 1488mg.

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

40-50 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
- Set **butter** on counter to soften
- Ingredient(s) used more than once: **green onions**



1

Make the Potatoes

- Halve **potatoes** lengthwise, and slice evenly-sized pieces.
- Bring a medium pot with potatoes and 1 tsp. **salt** covered by **water** to a boil. Cook until fork-tender, 12-15 minutes.
- Reserve ½ cup **potato cooking water**. Drain potatoes in a colander and return to pot.
- Add **sour cream**, **cheese**, ¼ tsp. **salt**, and half the potato cooking water. Mash until smooth. *If too dry, add remaining potato cooking water, 1 Tbsp. at a time, until desired consistency is reached.* Cover and set aside.
- While potatoes boil, prepare ingredients.



2

Prepare Ingredients and Crust Chicken

- Trim and thinly slice **green onions**, keeping white and green portions separate.
- In a mixing bowl, combine **butter** and **honey**. Set aside.
- Pat **chicken** dry, and season both sides with a pinch of **salt** and **pepper**.
- Spread **Dijon** evenly all over both sides of chicken.
- Place **panko** in a shallow bowl or on a plate. Add chicken and flip until coated with panko, pressing gently to adhere.



3

Cook the Chicken

- Place a medium non-stick pan over medium heat and add 2 Tbsp. **olive oil**. Add **chicken** to hot pan and cook until golden and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Transfer chicken to a plate. Wipe pan clean and reserve.



4

Cook the Corn

- Return pan used to cook chicken to medium-high heat and add 1 tsp. **olive oil**. Add **white portions of green onions** to hot pan and stir occasionally until softened, 1-2 minutes.
- Add **corn** and a pinch of **salt** and **pepper**. Stir occasionally until heated through, 1-2 minutes.
- Remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **honey butter**, and garnishing **potatoes** with **green portions of green onions**. Bon appétit!