



#### In your box

- 4 oz. Light Cream
- 1 tsp. Sugar
- 1 Red Onion
- 1 oz. Balsamic Vinegar
- 1 tsp. Seasoned Salt Blend
- 2 oz. Roasted Red Peppers
- 8 oz. Brussels Sprouts

#### Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 14 oz. USDA Choice New York Strip Steak (Serves 2)
- 12 oz. Sirloin Steaks
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

\*Contains: milk

#### You will need

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



## Roasted Red Pepper Chicken

with onion jam Brussels sprouts

NUTRITION per serving—Calories: 542, Carbohydrates: 25g, Fat: 30g, Protein: 42g, Sodium: 1703mg.  
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

## Customize It Instructions

- If using **sirloin steaks**, follow same instructions as chicken in Step 1. In Step 2, roast **Brussels sprouts**, 6 minutes. Follow same instructions as chicken in Step 3, searing 2-3 minutes per side, then roasting until steaks reach a minimum internal temperature, 7-9 minutes.
- If using **NY strip steak**, follow same instructions as chicken in Step 1. In Step 2, roast **Brussels sprouts**, 4 minutes. Follow same instructions as chicken in Step 3, searing 2-3 minutes per side, then roasting until steaks reach a minimum internal temperature, 9-11 minutes. Halve to serve.

Minimum Internal Temperature

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



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### Prepare the Ingredients

- Trim stems off **Brussels sprouts** and slice into thin strips.
- Halve and peel **onion**. Slice halves into thin strips.
- Mince **roasted red peppers**.
- Pat **chicken breasts** dry, and season both sides with **seasoned salt**.



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### Start the Brussels Sprouts

- Place **Brussels sprouts** on prepared baking sheet and toss with 2 tsp. **olive oil** and ¼ tsp. **salt**.
- Spread into a single layer on one side and roast in hot oven, 5 minutes.
- Remove from oven. *Brussels sprouts will finish cooking in a later step.*
- While Brussels sprouts roast, cook chicken.



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### Cook Chicken and Finish Brussels Sprouts

- Place a medium non-stick pan over medium 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 half of baking sheet. Wipe pan clean and reserve.
- Roast in hot oven until chicken reaches a minimum internal temperature of 165 degrees, 8-10 minutes.
- While chicken roasts, make onion jam.



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### Make the Onion Jam

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **onion** to hot pan and stir occasionally until caramelized, 6-8 minutes.
- Stir in **sugar** and **balsamic vinegar** and cook until liquid is almost evaporated, 30-60 seconds.
- Remove from burner.



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### Make Sauce and Finish Dish

- Return pan used to cook chicken to medium heat and add 1 tsp. **olive oil**. Add **roasted red peppers** to hot pan and cook until warm, 30-60 seconds.
- Add **cream** and a pinch of **salt** and bring to a boil. Once boiling, stir occasionally until thickened, 2-3 minutes.
- Remove from burner.
- Plate dish as pictured on front of card, spooning **sauce** over **chicken** and topping **Brussels sprouts** with **onion jam**. Bon appétit!