



In your box

- 2 tsp. Chicken Demi-Glace
- 1 oz. Shredded Parmesan Cheese
- .6 oz. Butter
- 2 Garlic Cloves
- 12 oz. Asparagus
- 2 oz. Sofrito Sauce

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Boneless Pork Chops
- 12 oz. Sirloin Steaks

*Contains: milk

You will need

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



Ready in 15

Chicken Breast with Garlic Demi-Glace and Parmesan asparagus

NUTRITION per serving—Calories: 529, Carbohydrates: 13g, Fat: 33g, Protein: 46g, Sodium: 1268mg.

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**, follow same instructions as chicken in Step 1, cooking until steak reaches minimum internal temperature, 5-7 minutes per side.
- If using **pork chops**, follow same instructions as chicken in Step 1, cooking until pork reaches minimum internal temperature, 5-7 minutes per side.

Minimum Internal Temperature

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



1

Cook the Chicken

- Pat **chicken** dry, and season both sides with a pinch of **salt** and **pepper**.
- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add chicken breasts to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove chicken to a plate and tent with foil.
- While chicken cooks, cook asparagus.



2

Cook the Asparagus

- Trim woody ends off **asparagus**.
- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add asparagus and a pinch of **salt** and **pepper** to hot pan. Stir occasionally until tender, 8-10 minutes.
- Stir in **sofrito sauce** and remove from burner. Transfer asparagus to a plate. Reserve pan; no need to wipe clean.



3

Make the Sauce

- Mince **garlic**.
- Return pan used to cook asparagus to medium heat. Add 1 tsp. **olive oil** and **garlic** to hot pan. Stir constantly until aromatic, 30-60 seconds.
- Add **demi-glace** and 2 Tbsp. **water**. Bring to a simmer.
- Once simmering, remove from burner and swirl in **butter**.



4

Finish the Dish

- Plate dish as pictured on front of card, topping **sauce** with **chicken** and garnishing **asparagus** with **Parmesan**. Bon appétit!