



In your box

½ fl. oz. Apple Cider Vinegar
1 oz. Feta Cheese
½ oz. Light Brown Sugar
12 oz. Asparagus
2 Tbsp. Basil Pesto
1 ½ Tbsp. Grained Dijon Mustard

Customize It Options

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

*Contains: milk

You will need

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



Ready in 15

Dijon-Cider Vinaigrette Chicken

with feta asparagus

NUTRITION per serving—Calories: 533, Carbohydrates: 17g, Fat: 36g, Protein: 45g, Sodium: 1645mg.

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 **salmon fillets**, pat dry and season flesh side with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as chicken in Step 2, placing in hot pan skin side up and cooking until salmon reaches minimum internal temperature, 4-6 minutes per side.

Minimum Internal Temperature

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



Prepare the Ingredients

- Trim woody ends off **asparagus**.
- Pat **chicken** dry, and season both sides with a pinch of **salt** and **pepper**.



Cook the Chicken

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **chicken** to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove from burner.
- While chicken cooks, cook asparagus.



Cook the Asparagus

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **asparagus** and a pinch of **salt** to hot pan and stir occasionally until tender, 4-5 minutes.
- Remove from burner and stir in **pesto** and **feta**.
- While asparagus cooks, make vinaigrette.



Make Vinaigrette and Finish Dish

- In a mixing bowl, combine **vinegar**, **mustard**, half the **brown sugar** (remaining is yours to do what you please!), and a pinch of **salt** and **pepper**. Slowly drizzle in 2 Tbsp. **olive oil** and whisk or stir vigorously until combined.
- Plate dish as pictured on front of card, topping **chicken** with vinaigrette. Bon appétit!