



In your box

- 🔪 .88 oz. Zesty Buffalo Sauce
- 1 tsp. Ranch Seasoning
- 1 oz. Blue Cheese Crumbles
- 1 oz. Crispy Fried Onions
- 1 oz. Butter
- 8 oz. Green Beans

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Filets Mignon
- 12 oz. Ranch Steaks
- 13 ½ oz. Organic Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, wheat, soy

You will need

- Olive Oil, Salt, Pepper
- Microwave-Safe Bowl,
- 2 Medium Non-Stick Pans

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

15 Minute Meal Kit



Blue Cheese-Crusted Chicken

with ranch green beans

NUTRITION per serving—Calories: 576, Carbohydrates: 18g, Sugar: 4g, Fiber: 4g, Protein: 44g, Sodium: 1587mg, Fat: 37g, Saturated Fat: 14g
 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

Medium

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry



1. Start the Chicken

- Pat **chicken breasts** 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 undisturbed until browned, 5-7 minutes.
- Flip chicken.



2. Finish the Chicken

- Top **chicken** with **blue cheese** and **crispy onions**. Cook until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes.
- Remove from burner. Remove chicken to a plate and tent with foil.
- While chicken cooks, cook green beans.

Customize It Instructions

- If using **ranch steaks**, follow same instructions as chicken in Steps 1 and 2, cooking until steak reaches minimum internal temperature, 5-7 minutes per side. Rest 3 minutes.
- If using **filet mignon**, follow same instructions as chicken in Steps 1 and 2, cooking until filets reach minimum internal temperature, 5-8 minutes per side. Rest 3 minutes.



3. Cook the Green Beans

- Place another medium non-stick pan over medium heat and add 2 tsp. **olive oil**. Add **green beans** to hot pan and stir occasionally until tender, 5-7 minutes.
- *If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes.*
- Stir in **seasoning blend** (to taste) and a pinch of **pepper**. Remove from burner.



4. Make Buffalo Sauce and Finish Dish

- Place **butter** in a microwave-safe bowl and microwave until melted, 30-60 seconds.
- Stir in **hot sauce** (to taste).
- Plate dish as pictured on front of card, drizzling Buffalo sauce over **chicken**. Bon appétit!