

**In your box**

2 oz. Frozen Blueberries
1 Jalapeño Pepper
½ oz. Crispy Fried Onions
8 oz. Green Beans
1 ½ oz. BBQ Sauce
.42 oz. Mayonnaise
6 oz. Corn Muffin Mix

Customize It Options

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

*Contains: eggs, wheat

You will need

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

Customer Favorite

Crispy Onion-Crusted Chicken Breast and Jalapeño Cornbread Cakes

with blueberry BBQ sauce and green beans



NUTRITION per serving—Calories: 857, Carbohydrates: 92g, Fat: 36g, Protein: 42g, Sodium: 1648mg.

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

Mild

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 **425 degrees**
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **sirloin steaks** follow same instructions as chicken in Steps 1, 2, and 3, roasting steaks until they reach minimum internal temperature, 7-9 minutes. Rest cooked steaks at least 3 minutes. If green beans need more time, remove steak from baking sheet and roast again, 5-6 minutes.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Trim ends off green beans.
- Stem **jalapeño**, halve, seed, remove ribs, and mince. Wash hands and cutting board after working with jalapeño.
- In a mixing bowl, combine **corn muffin mix**, jalapeño, and $\frac{1}{2}$ cup **water** until a thick batter forms. Set aside.
- Pat chicken dry, and season both sides with a pinch of **salt** and **pepper**.



2

Start 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, 2-3 minutes per side.
- Transfer to one half of prepared baking sheet. Chicken will finish cooking in a later step.
- Reserve pan; no need to wipe clean.



4

Cook the Cornbread Cakes

- Place a large non-stick pan over medium heat and add 1 Tbsp. **olive oil**. Working in batches if necessary, add four separate $\frac{1}{4}$ cup scoops of **cornbread batter** to hot pan. Cook undisturbed until bubbles form on surface and bottom is lightly browned, 2-3 minutes.
- Gently flip, and cook undisturbed until cooked through and lightly browned, 2-3 minutes.
- Transfer to a plate and loosely tent with foil to keep warm.



3

Roast the Chicken and Green Beans

- Top **chicken** evenly with **mayonnaise** and **crispy onions**, pressing onions gently to adhere.
- Add **green beans** to empty half of baking sheet and toss with 2 tsp. **olive oil** and a pinch of **salt** and **pepper**. Massage oil into green beans. Spread into a single layer on their side.
- Roast in hot oven until green beans are tender and chicken reaches a minimum internal temperature of 165 degrees, 10-12 minutes.
- While chicken and beans roast, make cornbread cakes.



5

Make Sauce and Finish Dish

- Return pan used to cook chicken to medium heat. Add **blueberries** and **BBQ sauce** to hot pan. Bring to a boil, stirring constantly. Once boiling, remove from burner.
- Plate dish as pictured on front of card, topping **cornbread cakes** with blueberry sauce. Bon appetit!