



In your box

3 oz. Goat Cheese
12 oz. Green Beans
.42 oz. Mayonnaise
1 oz. Crispy Beet Strips
½ oz. Light Brown Sugar
½ oz. Sliced Almonds

Customize It Options

13 oz. Boneless Skinless Chicken Breasts
12 oz. Sirloin Steaks
13 ½ oz. Organic Boneless Skinless Chicken Breasts
12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts

*Contains: milk, eggs, wheat, tree nuts (almonds)

You will need

Olive Oil, Salt, Pepper



Oven-Ready

Crispy Beet-Crusted Chicken

with goat cheese green beans

NUTRITION per serving—Calories: 535, Carbohydrates: 25g, Fat: 29g, Protein: 50g, Sodium: 1341mg.

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

Easy

Spice Level

Not Spicy



1

Prepare the Ingredients

- Preheat oven to 400 degrees. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Combine **green beans**, 2 tsp. **olive oil**, ¼ tsp. **salt**, ¼ tsp. **pepper**, and ⅔ the **goat cheese** (reserve remaining for garnish) in provided tray. Push to one side of tray.



2

Add the Chicken

- Place **chicken** in empty side of tray and season with ¼ tsp. **salt** and a pinch of **pepper**. Top chicken evenly with **brown sugar**.
- *If using **steak**, follow same instructions.*



3

Bake the Dish

- Bake uncovered in hot oven until **beans** are tender and **chicken** reaches a minimum internal temperature of 165 degrees, 25-30 minutes.
- *If using **steak**, bake uncovered in hot oven until steak reaches a minimum internal temperature of 145 degrees, 18-20 minutes*
- Carefully remove from oven. Rest chicken, 3 minutes. While chicken rests, coarsely crush **crispy beets**. Spread **mayonnaise** evenly on rested chicken and top with beets, pressing gently to adhere.
- Stir **green beans** until coated with **goat cheese**. Top remaining goat cheese and **almonds**. Bon appétit!