



#### In your box

- 12 oz. Trimmed Green Beans
- ½ oz. Crispy Fried Onions
- 4 tsp. Chicken Demi-Glace
- 1 oz. Roasted Sliced Almonds
- 2 tsp. BBQ Spice Rub
- 2 oz. Smoked Gouda Slices

#### Customize It Options

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

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

#### You will need

Olive Oil, Salt, Pepper



Oven-Ready

## Smoked Gouda-Crusted Chicken

with BBQ-spiced green beans

NUTRITION per serving—Calories: 572, Carbohydrates: 25g, Fat: 30g, Protein: 52g, Sodium: 1569mg.

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

Mild



1

### Prepare the Ingredients

- Preheat oven to 425 degrees. When ingredient appears in recipe, remove from packaging. Thoroughly rinse any fresh produce and pat dry.
- Combine **green beans**, **spice rub**, 1 Tbsp. **olive oil**, and ¼ tsp. **salt** in provided tray. Push to one side.



2

### Add the Chicken

- Pat **chicken breasts** dry and place in empty side of tray. Season with a pinch of **salt** and **pepper**. Top evenly with **demi-glace**, **crispy onions**, and **cheese**.



3

### Finish the Dish

- Bake uncovered in hot oven until **chicken** reaches a minimum internal temperature of 165 degrees, 23-25 minutes.
- Carefully remove from oven. Rest chicken 5 minutes. Garnish **green beans** with **almonds**. Bon appétit!