



In your box

- ½ tsp. Garlic Salt
- .84 oz. Mayonnaise
- 1 Tarragon Sprig
- 1 Shallot
- ¼ oz. Parsley
- 3 oz. Brussels Sprouts
- 1 oz. Butter
- 12 oz. Fingerling Potatoes
- 1 Lemon

Customize It Options

- 13 oz. Boneless Skinless Chicken Breasts
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 12 oz. Sirloin Steaks
- 14 oz. USDA Choice New York Strip Steak (Serves 2)
- 4 oz. Bacon

*Contains: milk, eggs

You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Medium Non-Stick Pan, 2 Mixing Bowls



Staff Pick

Chicken Breast with Béarnaise Sauce and roasted fingerling potatoes and Brussels sprouts

NUTRITION per serving—Calories: 680, Carbohydrates: 41g, Fat: 37g, Protein: 43g, Sodium: 1628mg.
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

35-45 min.

Cook Within

5 days

Difficulty Level

Expert

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
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **sirloin steaks**, pat dry and season both sides with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instruction as chicken in Step 3, cooking until steak reaches minimum internal temperature, 5-7 minutes per side.
- If using **NY strip steak**, pat dry and season both sides with ¼ tsp. **salt** and a pinch of **pepper**. Follow same instructions as chicken in Step 3, cooking until steak reaches a minimum internal temperature of 145 degrees, 9-11 minutes per side. Halve to serve.
- If using **bacon**, line a plate with a paper towel. Place a medium non-stick pan over medium heat and add bacon to hot pan. Flip occasionally until crisp and bacon reaches a minimum internal temperature of 145 degrees, 6-8 minutes. Transfer to towel-lined plate to remove excess oil. Add to recipe as desired.

Minimum Internal Temperature

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



1

Prepare the Ingredients

- Halve **potatoes**.
- Trim stems off **Brussels sprouts** and quarter.
- Coarsely chop **parsley** (no need to stem).
- Stem **tarragon** and coarsely chop.
- Peel and halve **shallot**. Slice halves into thin strips.
- Halve **lemon**. Cut one half into wedges and juice the other half.
- Pat **chicken breasts** dry, and season both sides with a pinch of **salt** and **pepper**.



2

Roast the Vegetables

- Place **Brussels sprouts**, **shallot**, and **potatoes** on prepared baking sheet and toss with **garlic salt**, 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil and seasoning into vegetables.
- Spread into a single layer and roast in hot oven until browned, 20-22 minutes.
- Toss roasted vegetables with 2 tsp. **olive oil** and **parsley** until coated. *Baking sheet will be hot! Use a utensil.*
- While vegetables roast, cook chicken.



3

Cook the Chicken

- Place a medium non-stick pan over medium heat and add 2 tsp. **olive oil**.
- Add **chicken breasts** to hot pan and cook until browned and chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes per side.
- Remove chicken to a plate and tent with foil. Wipe pan clean and reserve.



4

Make the Béarnaise Sauce

- Return pan used to cook chicken to low heat and add **butter**. Cook until melted, 60-90 seconds.
- Transfer butter to a mixing bowl.
- In another mixing bowl, combine **mayonnaise**, 1 tsp. **lemon juice**, 1 tsp. **water**, and **tarragon**.
- Slowly, pour melted butter into bowl with mayonnaise-tarragon mixture, whisking or stirring vigorously while pouring to incorporate.



5

Finish the Dish

- Plate dish as pictured on front of card, topping **chicken** with **béarnaise sauce**. Squeeze **lemon wedges** over dish to taste. Bon appétit!