




Seared Chicken & Mushroom Pan Sauce

with Roasted Asparagus & Potatoes

2 < OR > 4 SERVINGS

CUSTOMIZED OPTIONS:


 2 | 4 Boneless, Skinless Chicken Breasts

or


 2 | 4 Boneless, Center-Cut Pork Chops

or


 2 | 4 Flank Steaks

 12 | 24 oz Potatoes

 6 | 12 oz Asparagus

 1 | 2 bunch Thyme

 1/4 | 1/2 cup Grated Parmesan Cheese

 1 1/2 | 3 Tbsp Mushroom Duxelles

 1 | 2 Tbsp Dijon Mustard



Cooking for 4 servings?

Cooking instructions are written for 2 servings. If you're cooking for 4, use larger pots and pans, work in batches when necessary, and double any measurements that are highlighted.

Getting Started

COOKING TOOLS

Medium Nonstick Pan (*Large for 4*)
Sheet Pan
Knife
Cutting Board

FROM YOUR PANTRY

Olive Oil
Salt
Pepper

Chef's Note

FEATURED TECHNIQUE

To conveniently trim asparagus, gently bend each piece with your hands until it naturally breaks where the tender stalk meets the woody stem (this part is tough and chewy, so you'll want to skip it). Work with only one or a few a time, since each will have a slightly different breaking point.

COOKING TEMPERATURE

The USDA recommends a minimum safe cooking temperature of:

165°F Chicken | 145°F Pork | 145°F Steak

LIMITED TIME!

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Ingredients may be replaced and quantities may vary.

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CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).



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1. Prepare the ingredients & start the sauce

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Halve the **potatoes** lengthwise, then cut crosswise into 1/2-inch pieces.
- ☐ Snap off and discard the tough, woody stems of the **asparagus**. Place in a bowl; drizzle with **olive oil** and season with salt and pepper.
- ☐ Pick the **thyme** leaves off the stems; roughly chop the leaves.
- ☐ In a bowl, combine the **mushrooms duxelles**, **chopped thyme leaves**, **mustard**, and **2 tablespoons of water**.



2. Roast the vegetables

- ☐ Line a sheet pan with foil.
- ☐ Place the **potato pieces** on the foil; drizzle with **olive oil** and season with salt and pepper. Toss to coat and arrange in an even layer on one side of the sheet pan.
- ☐ Roast 8 minutes. Leaving the oven on, remove from the oven.
- ☐ Carefully add the **seasoned asparagus** to the other side of the sheet pan.
- ☐ Return to the oven and roast 10 to 14 minutes, or until the vegetables are lightly browned and tender when pierced with a fork.
- ☐ Remove from the oven.



Look for customized instructions before the next step!

3. Cook the chicken

- ☐ Meanwhile, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a medium nonstick pan (or large for 4 servings), heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the seasoned chicken. Cook 6 to 9 minutes per side, or until browned and cooked through.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a cutting board.
- ☐ When cool enough to handle, slice the **cooked chicken** crosswise.



4. Finish the sauce & serve your dish

- ☐ To the pan of reserved fond, add the **sauce** (carefully, as the liquid may splatter). Cook on medium-high, stirring frequently and scraping up any fond, 1 to 2 minutes, or until thickened. (For a thicker consistency, continue cooking the sauce. For a thinner consistency, add 1 tablespoon of water at a time to loosen.)
- ☐ Turn off the heat. Taste, then season with salt and pepper if desired.
- ☐ Serve the **sliced chicken** with the **roasted vegetables**. Top the chicken with the **finished sauce**. Top the vegetables with the **parmesan**. Enjoy!



Customized Steps

PORK

- ☐ Meanwhile, pat the **pork** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a medium nonstick pan (or large for 4 servings), heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the seasoned pork. Cook 4 to 6 minutes per side for medium (the center may still be slightly pink), or until browned and cooked to your desired degree of doneness.
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a cutting board; let rest at least 5 minutes.
- ☐ Slice the **rested pork** crosswise.

FLANK STEAKS

- ☐ Meanwhile, pat the **steaks** dry with paper towels; season with salt and pepper on both sides.
- ☐ In a medium nonstick pan (or large for 4 servings), heat a drizzle of **olive oil** on medium-high until hot.
- ☐ Add the seasoned steaks. Cook 4 to 6 minutes per side for medium-rare (125°F), or until browned and cooked to your desired degree of doneness.*
- ☐ Leaving any browned bits (or fond) in the pan, transfer to a cutting board; let rest at least 5 minutes.
- ☐ Find the lines of muscle (or grain) on the **rested steaks**; slice crosswise against the grain.



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*The USDA recommends a minimum safe cooking temperature of 145°F for steak. Cook the steaks an additional 2 to 3 minutes to achieve this. Consuming raw or undercooked meat, poultry, fish, seafood or eggs may increase your risk of foodborne illness.